

Protocol to Eliminate Pain Immediately by Duncan Tooley, CHT

1. Use this technique responsibly only on pain that has been medically-identified & is untreatable, or residual.
2. Send a testimonial on its use to the email below (include pain source and reduction achieved).
3. Distribute this protocol freely, observe the copyright, and keep all instructions intact.

Caregiver: Follow the RED instructions and read the 16 BLACK commands to the person in pain.

1. "Measure your pain or discomfort intensity on a scale 1-10, where 1= very low & 10 = most severe." Remember the number they give.
2. "Close your eyes, take a deep breath, and imagine the pain as a SHAPE. After each instruction, nod when are done."
3. "Give the shape a color. Nod when done." (If they seem to have difficulty with a color, suggest they give it an aroma.)
4. (Wait for the nod, then say): "Change the shape to some other shape."
5. "Change the color." (or smell) (always wait for the nod)
6. "Change the shape again."
7. "Change the color again." (or smell)
8. "Imagine a volume control knob, like from a radio with the numbers zero to ten around the edge. Stick it on top of the shape, with the arrow pointing to the number ____." (Say the pain intensity number determined previously.)
9. "Imagine that you reach in and grab the knob and slowly turn it up one number to increase the pain. I apologize, but it is only for a moment."
10. (Wait for the nod). "Turn the control back down to where you started."
11. "Turn it down another number to ____" (starting # -1; Wait for the nod).
12. "Turn it down another number to ____." (starting # -2; Repeat decreasing the number each time until down to 3, then go to #13 at the nod).
13. "It's OK to stop at three, or you can turn it down to two. What do you want to do?" (If "STOP," then go to #16; else wait for next nod).
14. "It's OK to stop at two, or you can turn it down to one. What do you want to do?" (If "STOP," then go to #16; else wait for next nod).
15. "It's OK to stop at one, or you can turn it down to zero if you want. What do you want to do?" (If "STOP," then go to #16; else wait for next nod).
16. "That's good! Open your eyes and notice how comfortable you feel! What number are you now?" Amazing isn't it! You have taken control and now you feel much better! You used your mind to control your body! You can always do this exercise yourself to feel great! → [Email now!](#)

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