

# Tame the Pain 101 Workbook



a step-by-step process to release the pain caused by a break-up, betrayal, or divorce

## 4 Step Technique to Tame Emotional Pain

The emotional pain of loss, conflict, or break-ups can leave deep wounds. We often feel the harmful effects in our body, mind, and soul.

Besides the emotional pain of the relationship we must leave behind, there are also mental and physical effects that we must heal from in order to move forward into the new future without the pain.

This technique has been proven to help reduce the painful effects of loss and break-ups. Experience relief. Check off what you're ready for through embarking on this journey.

I'm ready to –

- Let go of the pain from loss, betrayal, or last breakup.
- Put the past in the past and move forward without emotional trauma
- Overcome the negative repercussions of loss so they can move toward a life of joy.
- Leave the past in the past
- Confront feelings of loss
- Feel joy and fulfillment again

### IN TAME THE PAIN 101 YOU'LL LEARN

- How to work with the chemistry in your body to release
- How to ELIMINATE negative emotional programming from your trauma
- How to PREPARE yourself for a bright future
- 2 Techniques to MOVE from pain to freedom and strategies to PREPARE yourself to a brighter future
- How to ACCEPT what happened without feeling the pain and determine what you need to heal

# Tame the Pain 101 Workbook



a step-by-step process to release the pain caused by a break-up, betrayal, or divorce

## Overcoming the Pain Overview

- Why can it be so Hard to Let Go of the Pain?

- What is forgiveness? Did anything shift about your understanding of forgiveness? If so, what?

# Tame the Pain 101 Workbook



a step-by-step process to release the pain caused by a break-up, betrayal, or divorce

## MIRROR EXERCISE:

Align your beliefs to releasing your pain, think your way to freedom, and install new beliefs.

- 1. As you stand in front of the mirror looking yourself in the eye, say aloud to yourself...**
  - “Yes, this is terrible, but you will make it through this.”
  - “Yes, (whatever you need to say about the situation), but you will make it through this.”
  
- 2. After about a month or so, change your messages to...**
  - “It's over. Let it go and move on.”
  - “They're not worth staying stuck. Let's get moving.”

When you do this, you are telling your subconscious mind,  
“Yes, I recognize this is difficult, but I know I’ll get better.”

# Tame the Pain 101 Workbook



a step-by-step process to release the pain caused by a break-up, betrayal, or divorce

## FOLLOW THIS FOUR STEP PROCESS TO TAME THE PAIN

Begin this easy process today

### 1. Put all your thoughts and pain in a letter.

- Pull out pen and paper and write a letter you won't be sending. No one will see this except you, so have no worries about how it looks or how you spell.
- Research shows that writing things out with pen and paper has a positive effect upon the brain.
- Write this letter to whomever hurt you.
- Put all your feelings into the letter. Use whatever language you want. Make it as strong as you can.
- Put the letter somewhere safe for a day.

### 2. A day later, pull the same letter out.

- As you read it, cross out words and make them even stronger. Let all your anger, frustration, and pain come out in that letter.
- Again, put it aside for a day.

### 3. On day three, put it aside again. Do not read it today.

# Tame the Pain 101 Workbook



a step-by-step process to release the pain caused by a break-up, betrayal, or divorce

## 4. On the fourth day, read it one final time.

- When finished, say aloud, "I release and let you go. You have no more power over me. Be gone."
- Then burn or shred it.

One reason this process works so well is because it engages both your conscious and subconscious mind. This, in turn, helps your brain to reduce its output of many of the chemicals and neurotransmitters that are contributing to your stress and pain.

Use this technique whenever you're feeling deep emotional pain. Soon, you'll be pleasantly surprised at the relief you get from this easy process!

## Keeping it up makes all the difference

We hope you've enjoyed Tame the Pain 101. Remember, this is just the beginning. Although the process takes time, accountability, and self-love, the rewards are beautiful. Please let us know your experience. **We invite hearing from you at [clientcare@coparentinginstitute.com](mailto:clientcare@coparentinginstitute.com).**