**Go Inside & Anchor PAIN – Darren Willbourne**

ARE YOU LEFT OR RIGHT-HANDED?

SHOW ME YOUR FIRST FINGER/YOUR INDEX FINGER

AND YOUR THUMB

GOOD – NOW BRING THEM TOGETHER AND MAKE A SMALL CIRCULAR MOTION, GOOD…AND REMEMBER HOW IT FEELS…HOW IT TINGLES…

Induction & Deepener of choice

***I’d like you to now begin to picture in your mind the memory of a really happy time and place.***

***Take the time to think about where it is, what it looks like…the time of day…the temperature…and how you are feeling….***

***Now follow that feeling and allow yourself the time to really experience what it is like…and why you are so happy…and calm…and relaxed…here…in this place…at this time…***

***Now hold onto that feeling…and in a moment…when I tell you…I’d like you to take 3 deep breaths…in through your mouth and out again through your mouth…***

***1…deep in through the mouth…and hold for a moment…that’s good…now out through the mouth in a satisfying sigh…***

***And as you breathe deeply…continue to think about that happy place…and the feelings you experience there…***

***And 2…deeply in through the mouth…and hold…and then slowly out again through the mouth…all the time remembering that feeling of place and emotion…***

***And now 3…in through the mouth…and hold…that’s good…and slowly out through the mouth…***

***…as you picture that happy place…that happy time…I’d like you to tell me about that memory now…keeping your eyes closed…but speaking to me quite easily…so tell me where that place is…***

***…and how do you feel there…***

***…And we will come back to that memory…that place…very soon…***

***But now I want you to become aware of the sensations within your body right now…from the top of your head…down through your face…your neck and your upper body…down through your arms…your wrists…hands…and your fingers…***

***And as you think about your hands and your fingers…you might be able to feel a tingling sensation there…and picture your hands and fingers in your mind…and now we are going to go on a different journey…as your awareness moves back up from your fingers and hands…through your arms and upper body…up your neck and through your face…to the top of your head…***

***…and now you imagine that you can see inside your body…starting in your head and looking down…through a long tunnel…which travels down and through…knowing you are safe and perfectly in control of this experience…this journey within yourself…***

***…and you know that you are on a mission…to travel within yourself…moving downwards inside…in search of the area which is causing you pain…and passing through this tunnel…you notice that the tunnel walls are pink and soft…a texture almost like candyfloss…and you understand that this colour and texture is correct…it is how it should look…when you are feeling comfortable…and safe…and warm…and contented..***

***Travelling down now through your upper body and entering the stomach…you notice a change in colour and texture…as you continue towards where you know the pain lives…you can see that the pink colour is turning more red…and the soft texture is becoming harder…and the closer you get to your pain…the more red and angry-looking is the colour…and as you reach the exact place of your pain…you can see that the texture is rough and pulsating…throbbing with each pulse of pain…and you can now feel and see the pain…but in the back of your mind you know that you are still safe…and in control…and on a mission…***

***…and as you look again at the area of pain…an angry…red…pulsing mass of energy…you begin to draw upon that earlier memory…of your happy place…and you put that image…of that place…in front of the image of your pain…like pinning a poster of that image on a wall…and you move slightly back…and see that on that wall…where you have placed that poster…which is an image of your happy place…the colour of the wall is changing from red…to a soft pink colour…***

***…and now…in your mind…you look down at your right hand…and notice that your first finger…your index finger…is gently rubbing in a circle against your thumb…round and round…the finger turns…and as it does…and you look back at the wall…you see that the poster…the image of your happy place…has grown bigger…and it keeps growing bigger…as your finger continues to gently rub…in small circles…against you thumb…and now there is no wall…only the image of your happy place…and you are there again…and feeling that happiness…that calm…as your finger continues to move in small circles…against your thumb…***

***..and you become aware now that you are moving backwards through that candyfloss tunnel…back up through your upper body…your neck…and to the top of your head…and you become aware of your breathing…deep and calm…gentle and relaxing…***

***…And I would like you now to think about the sensations within your right hand…resting there…and become more aware of your first finger…your index finger…and I’d like you now to move it onto your thumb…and begin to make a small circular movement between your finger and your thumb…***

***That’s right…that’s good…***

***And while you are doing that…and you keep doing that…I want you to think once again about that happy place…and the feelings that being there give you…and I want you to realise that by rubbing your first finger…your index finger…against your thumb…like you are doing now…you can easily and instantly…make that image and those great feelings appear…***

***And as you realise this…you realise that your mission was successful and that you have now learnt a very useful skill…***

***That when you feel that pain begin to start…wherever you are…and whatever is happening around you…you can control that pain…very easily…and very effectively…***

***So, let your right hand relax now…let it relax so much that it doesn’t seem to work anymore…and it doesn’t need to right now…as you sit here…safe…and warm...and comfortable…***

***Become aware of your breathing again…and as you do…just allow your first finger, your index finger…to begin circling your thumb again…that’s great…and allow that image of your happy place to come to your mind again…and picture where it is…and how it makes you feel…and be contented…and happy…and comfortable…***

***And in a moment I am going to bring you back to the present…back to this room…as I count from 5 to 1…but for now…enjoy this peace and calm…and feel reassured and happy…that you have succeeded in creating a very effective way of easing any pain you feel…just by bringing together your first finger…your index finger…and your thumb…and by making small, soft, circular motions…you can imagine your happy place…and feel those feelings which that brings you…at any time…at any place…whenever you need to…***

***As I count from 5…***