

Informal Practice Log (PAIN Process) - Week 5b (dealing with physical discomfort)

Where were you, what was going on when you noticed the physical discomfort?	What were the actual sensations? (burning, tingling, aching) Shape? Boundaries? Texture?	Where did you find something pleasant? (could be as simple as warmth in hands, or sun on skin)	What did you notice when you included both the pleasant and unpleasant? "becoming a bigger container"	What did you notice AFTER you did the process? (body-mind-emotion-action)
EXAMPLE I was working at my desk and my back was killing me. I thought, "How am I going to get through the day like this? I have so much to do!	Compressed area in small of back; tight, binding, pinching. It's oblong and about 1" thick in middle, tapers off at edge. Texture like granite.	My legs don't hurt, actually feel relaxed, pleasant sensing warmth and ease there. Recalling nice interaction with friend this afternoon	I felt much bigger, that there is much more to me than this area in my back. The back pain didn't go away, but I felt it as only part of me, not all, not so troubling.	Still had much to do, but my focus was no longer only on the back pain and not about "fixing" the pain, could move forward