



My Plan for **Empowered Relief®**

Step 1: REGULAR USE OF THE RELAXATION RESPONSE

I will listen to the **Binaural Relaxation Audiofile** and calm my nervous system:

1 ☐ 2 ☐ 3 ☐ times/day

Time(s) of day I will practice: _____



Step 2: REFRAME UNHELPFUL PAIN MINDSET

Unhelpful Pain Thoughts I Have
(e.g., "it's never going to get better!"):



1. _____

2. _____

3. _____

My Helpful Reframes (e. g., use "best friend talk")

1. _____

2. _____

3. _____



Step 3: MY SELF-SOOTHING ACTIONS FOR RIGHT NOW

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



- The Relaxation Response calms my nervous system, dampens pain processing, stops distress, and steers my mind and body toward comfort and control!
- Interrupting my negative thought patterns will train my brain away from pain.
- **Regular practice** of these 3 steps will shape my brain and body towards relief.
- I can review the class slides whenever I would like a refresher on the material.
- Above all, I am kind to myself. 💙

