

Chronic Pain Exercise

1. Texture or shape of the pain?

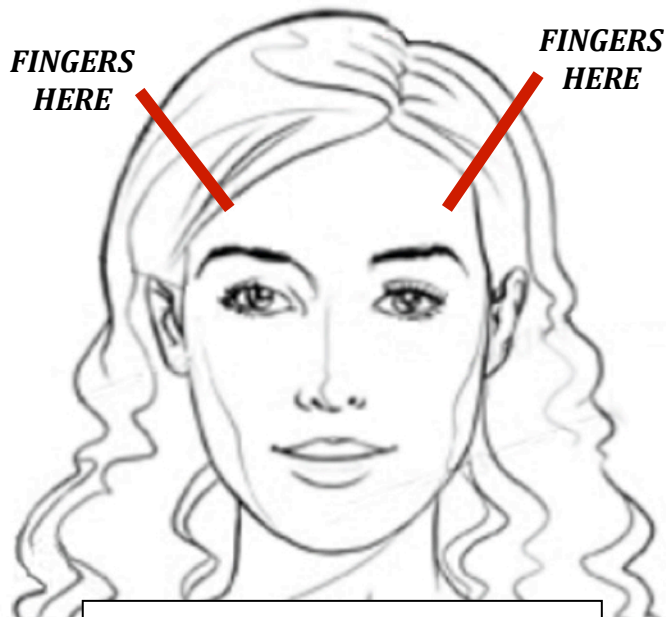
2. Radiating or still pain?

3. Comes and goes?

4. Color(s) of the pain?

5. Hammer or sharp pin pain?

Visualize the pain in your head where your fingertips are at shown below. Ask the Lord Jesus to shrink the pain and see what it looks like out of pain.



Place finger tips or sides of hands along the red lines where the skull begins to curve.

1.

2.

3.

4.

5.

