



My Pain Coach, LLC

Creating Positive Change For People With Pain

Reframing Pain: The First Steps to Changing the Pain Experience

Welcome to Your First Step Toward Pain Recovery

Pain is not just a physical sensation—it is an experience influenced by emotions, thoughts, and past experiences. The latest research on neuroplastic pain shows that your brain can learn new patterns that reduce or even eliminate pain.

This guide will help you take your first step in shifting the way you experience pain by understanding the role of your nervous system and practicing a simple but powerful exercise.

Why Does Pain Persist?

Pain is always real, but it is also changeable. Chronic pain often results from the brain being stuck in a cycle of hyper-vigilance, interpreting normal sensations as dangerous. If you've been experiencing pain for months or years, your brain may have learned to expect pain—even when there is no ongoing tissue damage.

When the nervous system is in a state of heightened alert, it creates pain as a protective mechanism. Your job is to teach your brain that you are safe, and that pain is no longer necessary.

The First Step: Shifting Focus from Danger to Safety

One of the most effective ways to begin retraining your brain is by redirecting attention away from pain and toward **safety signals**—things that remind your brain and body that you are okay in this moment.

Exercise: Creating a Sense of Safety


This simple but effective exercise can help calm your nervous system and begin rewiring your brain's pain pathways.

1. **Pause & Breathe:** Find a quiet space and take a slow, deep breath in through your nose. Hold for a moment, then exhale gently. Repeat this three times.

2. **Notice Your Surroundings:** Look around and find three things that bring a sense of comfort or safety (e.g., a warm blanket, a pet, nature outside your window).
3. **Shift Your Attention:** Instead of focusing on the pain, direct your thoughts to these safe and calming elements. Ask yourself:
 - “What in my environment tells me I am safe right now?”
 - “What in my body feels neutral or even good?” (It could be your hands, your breath, or a sense of relaxation.)
4. **Use Gentle Reassurance:** Silently or aloud, say to yourself: *‘I am safe. My body knows how to heal. I do not need to fear this moment.’*
5. **Repeat Daily:** The more you practice shifting focus to safety, the more your brain will learn that it does not need to generate pain as a protective response.

Your Next Step

Reframing pain is a process of understanding neuroplasticity and utilizing this process over time to change your nervous system. It is not an instant fix—but small shifts in awareness can lead to powerful changes over time. If you found this exercise helpful and want to go deeper into pain recovery, my **MPC Pain Reduction/Recovery Program** can provide the guidance and structure you need to make lasting progress.

 [Book a Free 30-Minute Discovery Session](#) to learn how you can start changing your pain experience today:

Remember: Your pain is real, but so is your brain’s ability to change it. Let’s take the first step together!

Cynthia Austin, NBC-HWC
My Pain Coach, LLC
cynthia@mypaincoachllc.com

Learn More:

To understand the research that supports the My Pain Coach’s Programs go to:
[Research in Programs](#)

For General Info on My Pain Coach, LLC Programs and Cynthia Austin go to:
www.MyPainCoachLLC.com