

# The ImTT Chronic Pain Protocol Instructions

The P/TRP can help with chronic pain. When a person experiences pain for a long time, the sensation of pain builds up in the body. The effect is that the person feels the pain more intensely. Releasing the built-up pain will reduce the sensation of pain. A common occurrence is for the sensation of pain to reduce by half or more. However, because the physical pain is being constantly created, the release of physical pain will have to be done every day to prevent the buildup of the sensation.

A problem that occurs more with physical pain than with a psychological P/T is difficulty with releasing the color. Often the color seems to get stuck somewhere. The solution is to think of the tiny color particles as a physical substance that is trying to move through and out the body. Thinking in terms of “How can I drain those particles out of the body?” or “Why are the particles getting stuck?” can guide you to resolving the problems.

**Example:** Gentry’s chronic pain is in his hips. He’s been trying to move the particles down his leg, but they seem to get stuck in his knee. A solution may be to visualize the particles leaving out the front of the knee instead of moving down the body. Another possibility is for the person to visualize the particles dissolving and then flowing out. The goal is to creatively find a solution to the blockage.

It is often useful for a person to come up with his/her own creative ways to release the color. When Jerry visualized his pain, he saw it as “compressed.” His method of release was to visualize the black color as made up of small particles and then an ‘avalanche’ released the particles. Ruth visualized the pain around her spine as a black rubber band. She released the rubber band by seeing it composed of small particles and the rubber band falling apart. Working with the person to find a creative solution to release the pain will also give them the experience and confidence to utilize the technique at home.

The following is a general script of the instructions for using the Chronic Pain Protocol. The script is in italics. The words in brackets are instructions for the therapist.

1. *Identify the area of the body that is painful.*
2. *On a 1 - 10 scale, how intense is the pain?*
3. *What color is the pain?*
4. *From now on, I don’t want you to think of anything but the color. Forget everything else. Just focus on the color, okay?*
5. *See the color as being composed of tiny, tiny little [state color] particles.*
6. *Take a slow breath and visualize the breath going into the color particles.*
7. *Now breathe the [state color] particles directly out of your body through the pores of your skin. Visualize the tiny, tiny, tiny [state color] particles flowing out of your body. Take your time and find a way to release the [state color] particles out that part of your body.*

8. [At this point, have the client release the color particles from whatever exit point is closest to the pain. If the pain is in the shoulder, begin by releasing by the particles from the hand. Then release the particles from the elbow down to the arm. This pattern of release clears the path for releasing the color particles from the painful part of the body. Use this same pattern if the pain is located in the hip; begin releasing with the foot and work up the leg.]
9. *Now we are going to release the [state color] particles from the closest easy exit point. We are going to start at that exit point so that we can clear the channels; otherwise, some of the particles might get stuck. So breathe into your [name the exit point; e.g., foot] and see the tiny [state color] particles flow out your [name the exit point].*
10. *Breathe into your [name a part of the body further from the exit point] and visualize the [state color] particles flowing down your [name limb; e.g., leg].*
11. [Continue with step10 until you reach the area of pain.]
12. [After releasing the color particles from the specific area where the pain is experienced, release the color particles from the other parts of the body.]
13. *As the sensation of pain often builds up in other parts of the body, we are going to release these particles from other parts of your body.*
14. *Breathe into the middle of your brain and release the tiny [state color] particles out the middle of your forehead.*
15. *Breathe into the middle of your brain and release the tiny [state color] particles out your eyes.*
16. *Breathe into your chest and release the tiny [state color] particles down your arms and out the palms of your hands.*
17. *See your spine as being composed of guitar strings that go from the bottom of your spine to the top of your head. Breathe into the guitar strings and as you breathe out, release the tension on the guitar strings and see the [state color] particles radiate out in all directions as you release the tension on the lower guitar strings... [pause] middle guitar strings...[pause] and upper guitar strings.*
18. *Breathe into your abdomen and release the tiny [state color] particles out your navel area.*
19. *Breathe into your abdomen and release the tiny [state color] particles down your legs and out the bottoms of your feet.*
20. *See a spot 6 inches below your feet, between your feet...breathe into that spot... and see the tiny [state color] particles drain down your body, go through the spot, and be absorbed into the earth...see the tiny [state color] particles drain down your body, go through that spot, and be absorbed...absorbed...absorbed into the earth.*
21. *Breathe into your heart...breathe into your heart and release the tiny, tiny [state color] particles out your heart...releasing the tiny [state color] particles out of your heart.*
22. *Breathe into the right side of your brain...breathe into the right side of your brain and release the tiny, tiny [state color] particles out the right side of your brain... releasing the tiny [state color] particles out the right side of your brain.*

23. *Breathe into the left side of your brain...breathe into the left side of your brain and release the tiny, tiny [state color] particles out the left side of your brain...releasing the tiny [state color] particles out the left side of your brain.*
24. *Breathe into the front of your brain...breathe into the front of your brain and release the tiny, tiny [state color] particles out the front of your brain...releasing the tiny [state color] particles out the front of your brain.*
25. *Breathe into the back of your brain...breathe into the back of your brain and release the tiny, tiny [state color] particles out the back of your brain...releasing the tiny [state color] particles out the back of your brain.*
26. *Breathe into the center of your brain...breathe into the center of your brain and see the tiny, tiny [state color] particles radiate out in all directions from the center of your brain...see the tiny [state color] particles radiating out in all directions from the center of your brain.*
27. *Breathe into the core of your self... breathe into what you think of as the core of your self and release the tiny, tiny [state color] particles from the core of your self... releasing the tiny [state color] particles from the core of your self.*
28. *Imagine that you are about to yawn. Imagine that you are yawning a deep, wide yawn. As you yawn, see the [state color] particles release from the core of your self... feel the yawn throughout your whole body and see the tiny [state color] particles releasing from the core of your self.*
29. *Scan your body to see if there are any color particles left in your body. If there are, breathe into that part of your body and then breathe the tiny [state color] particles out the pores of your skin in that area.*
30. *Let's re-evaluate the pain level. On a scale of 1 – 10, how intense is your pain now?*
31. *Is there another color? What is the color?*
32. *[Evaluate for other emotions and images that may need to be processed.]*