

Pain/Terror Release Protocol

Image Transformation Therapy

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Releasing the Pain or Terror from a Painful or Terrifying Event (General Instructions)

The following is a general script of the instructions for using the P/TRP. The script is in *italics*. The words in [brackets] are instructions for the therapist.

Script: *Before we begin, I want you to be very clear about something that is very important for making the treatment easy and gentle. When I ask you about what you feel, I don't want you to get into the feelings. I just want you to kind of notice the feelings from a distance. Okay? If you experience the feelings too much, it actually slows down the release process. Does that make sense to you? Just kind of notice the feelings from a distance. Once I ask you about the color of the feeling, I don't want you to even think of the event, image, or feeling again until we have finished processing and we evaluate the change. If the color changes or you have difficulty, just let me know. Okay? With that in mind, let's begin.*

1. *I'm going to ask you to lightly describe that painful (or terrifying) memory. Again, I don't want you to get deeply into the pain (terror). Feeling the pain (terror) is not necessary. Just be aware that the pain (terror) is there. Once the color of the pain (terror) is identified, just focus on the color. Don't think of the event or the feeling or the pain (terror) again—just the color.*
2. *Now lightly describe the painful (terrifying) memory.*
3. *What color is the pain (terror)?*
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. *Where is the [state color] located in your body?*
6. *Now I want you to visualize that [state color] color as being composed of tiny particles of that color. Let me know when you've got it..*
7. *The next instruction is going to be to visualize that you are breathing directly into the color particles in your [name that part of the body] and see the tiny [state color] particles flowing out directly out your body. Imagine the [state color] particles flowing directly out your skin. [Therapist demonstrates the instruction.]*
8. *Breathe into the [state color] particles and see the [state color] particles flowing out of your [name that part of the body] . Take several breathes and release the tiny [state color] particles. Let me know when you're finished. But take whatever time that you need. Don't rush it.*
9. *Breathe into the center of your brain and see the tiny [state color] particles flow out the middle of your forehead.*
10. *Breathe into the center of your brain and see the tiny [state color] particles flow out your eyes.*
11. *Breathe into your chest and see the tiny [state color] particles flow down your arms and out the palms of your upraised hands.*

12. *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 tiny, tiny [state color] particles radiate out in all directions as you release the tension on the lower guitar strings.*
13. *See the tiny [state color] particles radiate out in all directions as you release the tension on the middle guitar strings.*
14. *See the tiny [state color] particles radiate out in all directions as you release the tension on the upper guitar strings.*
15. *See a spot 12 inches beneath your seat, in line with your spine...12 inches beneath your seat, in line with your spine. Breathe into that spot and see the tiny [state color] particles release and flow away from that spot. See the tiny [state color] particles releasing and flowing away from that spot.*
16. *Breathe into your abdomen and see the tiny [state color] particles flow out your navel area.*
17. *Breathe into your abdomen and see the tiny [state color] particles flow down your legs and out the bottoms of your feet.*
18. *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 [state color] particles drain down your body, go through that spot, and be absorbed...absorbed...absorbed into the earth.*
19. *Place your feet flat against the floor. See a six-inch sphere 18 inches beneath your feet. Breathe into the sphere...breathe into the sphere and see the tiny [state color] particles release from the sphere...see the tiny, tiny [state color] particles releasing from the sphere. Release the [state color] particles from the bottom of the sphere as well.*
20. *Breathe into your diaphragm...breathe into your diaphragm and release the tiny, tiny [state color] particles out your diaphragm...releasing the tiny [state color] particles out of your diaphragm.*
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 depths of your heart...breathe into the deep, deep depths of your heart and release the tiny, tiny [state color] particles from the depths of your heart... releasing the tiny [state color] particles from the deep depths of your heart.*
23. *Breathe into your throat...breathe into your throat and release the tiny [state color] particles out your throat...releasing the tiny [state color] particles out of your throat.*

24. *Breathe into your voice...breathe into the depths of your voice and release the tiny [state color] particles from your voice...releasing the tiny [state color] particles from the deep depths of your voice.*
25. *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.*
26. *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.*
27. *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.*
28. *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.*
29. *Breathe into the center of your brain...breathe into the center of your brain and see the tiny, tiny [state color] particles, releasing, radiating out in all directions from the center of your brain...see the tiny [state color] particles, releasing, radiating out in all directions from the center of your brain.*
30. *Breathe into your mind...breathe into the deep depths of your mind and release the tiny [state color] particles from your mind...releasing the tiny [state color] particles from the deep depths of your mind.*
31. *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 out the core of your self... releasing the tiny [state color] particles out the core of your self.*
32. *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...as you feel the yawn throughout your whole body...as you feel the yawn throughout your whole body, see the tiny [state color] particles releasing from the core of your self.*
33. *Scan your body to see if there are any [state color] particles remaining 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.*
34. *Let's reevaluate the pain (terror) of the memory. Does it feel less charged when you think of the event again?*

35. [If the emotional reaction is acutely painful (terrifying), if another feeling has surfaced, or if the color has changed, reevaluate what the person is feeling. If another feeling has surfaced, the new feeling may need to be released with the P/TRP, FRP ([page 47](#)), Shock ([page 309](#)), or Frozen ([page 305](#)) protocols.]
36. [Once the feelings are released, the image is eliminated with either the Image De-Construction Protocol ([page 27](#)).]

Advanced Variations of the P/TRP

The following instructions are advanced variations of the P/TRP. They should be used after you become familiar with the scripts, as they require you to ad lib while reading the script.

The Physical Characteristic of the Particle

The more focused the person is on the particles, the easier and more complete the release is. One approach used in order to enhance focus is to have the client identify a physical characteristic of the colored particles. Examples of different physical characteristics are heavy, intense, shiny, slimy, gritty, sharp, et cetera. Whatever physical characteristic the client identifies is then used in the script instead of the word “tiny.”

Ask the client to identify the physical characteristic of the particles after you have given the instruction to visualize the color as composed of tiny particles.

Script:

1. *Where is the [state color] located in your body?*
2. *Visualize the [state color] as being composed of tiny, tiny, little [state color] particles.*
3. *“What is a physical characteristic of the [state color] particles? Are they heavy? agitated? slimy? gritty? or what?”*

Then use the described physical characteristic in the script instead of the word “tiny.”

Example Script: *“Breathe into the center of your brain and see the gritty, blue particles go out your forehead.”*