



Transformative WHOLISTIC Reintegration

TWR2 App for Backaches

This app assumes you have read the TWR 2 – General App for Pains of All Sorts. Brief mention will be made here to various topics covered in detail in the Basic App. You can refer to this TWR2 App for more detailed discussions on any of the general topics presented in this Backaches App.

1. Speaking with Your Back Pains

Dialoguing with your back pains can be enormously helpful. Always remember your symptoms are alerting you to messages from your deeper self.

It is useful to write down everything you say in using this App. Having your written record enables you to:

- Sharpen your focus
- Return later to use your successful TWR statements for focusing
- Reinforce your progress

1a. How strong are your pains?

Start out by assessing your SUDS for how strong your pains are at this moment on a scale of 0 (no pain) to 10 (worst it could be).

1b. Start your TWR tapping

Use whichever right-left tapping is comfortable and works best for you. Tapping helps connect with your inner wisdom. For more details see Basic App for Pains of All Sorts [LINK TO ORDER PAGE FOR PAID Basic App for Pains of All Sorts]

1c. Ask yourself the following questions

Take your time to listen carefully to all the answers. Ask each question at least 3 times as there may be multiple answers to each one.

Q1: What does your backache want you to know about your life?

Take your time, reflecting on whatever answers come to you. It will be helpful to write down the answers you get.

Check your SUDS level. If the number has come down with the answers you get, this is a good sign, suggesting your symptom is pleased you are listening to it. If it goes up, it is equally a good sign, acknowledging you're connecting more solidly with your inner symptoms so they can fully inform you how to bring more healing into your life.

Here are a few common responses with backaches. The messages from your own back may be entirely different and specific to your personality, body language and situations.

1d. Practical issues your back might want you to deal with:

Common sense should prevail first, with a medical assessment to rule out physical causes for ongoing symptoms.

Check out your posture at work and at home and make sure you have proper physical support for any residual weakness or altered functions of your body due to injuries.

- In prolonged sitting, have proper back support
- Have your work at comfortable height to avoid chronic back strain
- Sort out solutions to work that requires heavy lifting or other motions, like repetitive strains, that stress your body.
- Sort out the firmness level of bed and pillow that suits your body shape, and flexibility, considering any residual trauma symptoms.

1e. Possible messages from your back

Shoulder area:

- You are holding back resentments and/or anger. (These, along with your shoulder muscles, are the ones used to strike out at others.)
- Your resentments may be from feeling you haven't been receiving the love and attention you need and deserve.
- If you've carried any burdens of feelings or relationships for a long time, particularly if they have been building up since childhood, you may also feel you don't deserve to be loved.

Mid-back:

- You may have a strong inner moral code and feel guilty over having angry feelings.

- You may be carrying guilt over other issues.
- Heartaches and resentments over rejections may produce backaches, particularly if you feel rejected or “stabbed in the back.”

Lower back

- You are lifting or carrying too great a load (of work, emotional responsibilities – of your own and/or of others)
- You are feeling unsupported (in your relationships, at work, by society at large – as in losing your employment benefits)

The above are just common responses people have reported.

1f. Metaphoric messages from your back

Symptoms in any part of your back may be metaphoric messages from your inner self about your life in particular. Everyday language amply acknowledges these. Here are a few examples of what your back may be wanting to bring to your attention, suggesting that you might be:

- more straight
- over-burdened; unable to bear your load; carrying too much
- feeling something intuitive in your bones
- too rigid
- unconsciously holding onto a spine chilling experience;
- spineless, not facing up to your challenges unable stand up to someone or something
- stand tall; stand up and be counted
- bent over in shame or guilt
- stooping to unacceptable behaviors
- stretched too far, to your breaking point
- unsupported

Your pains may be intense because there are also buried feelings inside you from the past when you weren't receiving the love and attention you needed and

deserved. Your pain may be using this opportunity, now that you have more resources, to invite you to release some of these old feelings— which may have been buried deep within you at the time you experienced them and then forgotten.

There may be many other messages of these sorts that are particular to you and your situation. Just let your inner voice speak to you to hear what your head wants you to know.

Now ask yourself the next question, making sure you continue your tapping.

Q2: What does your backache want you to do differently in your life?

Check your SUDS level. If the number has come down, again this is a good sign, suggesting your pain is pleased you are wanting to respond to it.

Consider carefully the answers you get to this one, again writing them down.

Here are a few common responses with backaches. Don't take these as THE messages from such pains. The messages from your back may be entirely different.

- Please get me better back support at work (or in my mattress or pillow).
- Stand up for yourself to whoever is putting you down.
- Figure out better ways to carry this load that I (your back) feel is too heavy a burden for you

Again, it's important that you listen for the specific messages your body wants you to hear. The above are random common examples.

And write down all the answers you get.

Now, proceed to the next question.

Q3: What do you promise faithfully that you will do in response to what your backache has just told you?

This is for many the most difficult one. Your promise has to cover the general issues raised by your pain, and must also be specific as to what you will do and when you will do it.

When the SUDS goes down, it is a sign that you are on the right track. If it doesn't go down, you need to pursue these three questions further and to alter your responses in your dialogue with your body's messages.

1g. Common clarifications that help the SUDS to change

Doesn't work: "I'll try to do better."

Problems: "Trying" is a halfway excuse for not really doing something.

"Do better" is much too vague, not saying how you'll do better or when you're promising to do it.

Works: "From now on, I'll lift the boxes at work by squatting down, keeping my back straight and upright, using my legs instead of my back to do the lifting."

Doesn't work: "I'll do some exercises to strengthen my back."

Problems: Not specific enough. No details of what you'll do or starting date promised.

Works: "Tomorrow I'm checking out the fitness centers in my area and will join the best one. I'll go there at least 3 times per week."

Doesn't work: "I'll stand up for myself when I need to."

Problems: Not specific enough. No starting date promised.

Works: "From now on, I'm going to say, 'Thank you,' to my mother-in-law, when she gives me her generous advice, 'but this is the way we do it in our home.'"

2. TWR tapping to further reduce your pain

After you've processed the three questions, if your SUDS is not down to zero, you might choose to reduce your pain further by direct TWR tapping.

2a. Consider carefully: Am I ready to let go of all of my pain NOW?

Listen to your inner guidance. (See more in TWR2 for Pain General App.)

2b. TWR tapping is available to help you if your back pains increase due to stress, exertion or injuries.

- i. Check your SUDS to see how strong your pains are.
- ii. Start your right-left tapping
- iii. Focus your attention on physical pain and your emotional feelings and say to yourself:
"Even though I feel _____"
(Describe in detail your back pains and emotional feelings)

"When I think about or when I remember _____"
(Describe in detail any issues that are stressing or worrying you)
- iv. "I still love and accept myself, wholly and completely"

(Or any other strongly positive statements that work for you, as described in the basic TWR app [LINK TO BASIC TWR APP (3a)])

- v. Check your SUDS again, working as in the basic TWR app until your SUDS is down to zero

c. If your SUDS is not going down

- i. Massage your releasing spot, then return to (2b) above.
- ii. If (i) doesn't release the SUDS block, review the words you are using to focusing your mind on your pain, and repeat from (2b) above.

Examples:

Doesn't work: "My backache is keeping me awake."

Sharper focus: "I wake up often at night and simply don't know how to get rid of the pain. If I take any more pain pills, I'm too groggy to get up for work. If I don't take more pain pills I don't sleep enough and I'm groggy the whole day."

Doesn't work: "Even though I've had this pain in my back for fourteen years..."

Sharper focus: "Even though my back pain is excruciating when I bend over just a little bit and I'm truly weary of being limited in my activities, including my sex life, for the last fourteen years ..."

Doesn't work: "My backache is worrying me because it's getting worse."

Sharper focus: "I'm terrified because my doctor scheduled an MRI scan since the pain is worsening and he said he just wanted to be sure it isn't a growth of some sort and I really, really, really hope this isn't cancer."

2d. Back injuries may leave residues of psychological trauma from suffering your acute and chronic pains. To clear these you may need to clear residues of emotional trauma that are locked into the physical trauma. [LINK TO TWR Special App for Physical Trauma]

2e. When your SUDS is down to zero, install positive thoughts and feelings to replace the negatives you have released. [LINK TO BASIC TWR APP]

3. If you experience difficulties reducing your pains to zero or installing positives to replace the negatives you have released, it may be helpful to you to work with a [TWR practitioner](#) or other type of [Energy Psychology practitioner](#).