



Transformative WHOLISTIC Reintegration

TWR2 – General App for Pains – WEB

1. Connecting with your pains

TWR2 Gives you the tools to identify, lessen and often to clear the roots of your pains so they don't return to bother you.

TWR2 is often a transformative experience. This involves some of the deeper uses of TWR, based on principles of wholistic healing.

Your body, emotions, mind, relationships and spirit are all parts of your being. Any one or all of these parts may speak to you through pains to get your attention and help steer you through challenging experiences and guide you through your life.

Your body may want to draw your attention:

- To issues you've neglected
- To point you towards actions needed for your health and wellbeing
- To change your relationships
- To alert you to other parts of your life you have overlooked or neglected.

Your pains are messengers from your deeper self. They truly want to help you sort out and improve your life on every level of your being. Pain is your friend, not your enemy.

For many people this is a totally new concept. Conventional medicine teaches that your body is simply a vehicle like a car, which you take to the medical 'diagnostics and repair shop' for the medical experts to fix.

An acute pain may be have a physical cause, such as a sprain or fracture or appendicitis. Always check first whether there is a medical or surgical fix to eliminate it.

Chronic pains are more of a challenge. Chronic pains are most often treated by doctors with pain killers. Drugs can decrease or eliminate pains but they often

don't get to the root causes of the pains.

Drugs can also dull your mind, cause side effects, get you habituated or addicted, or even kill you.

I have learned better ways to deal with many pains. Thousands of clients over the years have shown me that pains are most often messengers from your inner self.

When you listen to your pains, they will no longer have to yell at you so loudly. Your pains will offer you new understandings and directions for courses of action - to bring the needed self-healings into your life.

It is often helpful to write down exactly what you are saying as you use TWR.

Having your written record enables you to:

- Repeat your focus statement when it has been helpful
- Sharpen and improve your focus
- Return at later dates to use your successful TWR statements for focusing
- Reinforce your progress

2. The TWR2 process

Dialoguing with your pains almost always opens doors to understanding your issues surrounding your pains. Please note that THIS IS A DISCUSSION WITH YOUR PAINS, not you complaining about them or telling them off for hurting you.

2a. How strong are your pains?

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

It helps to write down the number you get, each time you measure your pain.

2b. Start your TWR tapping

Use whichever right-left tapping is comfortable and works best for you.

- On the two sides of your forehead
- With crossed arms ("the butterfly hug")
- On right and left sides of your lap
- With your feet on the floor
- Alternate tightening your toes of your right and left feet
- Tap with your tongue on your teeth on the right and left

Using your feet, toes or tongue leaves your hands free to write down the exact words you're saying, as you say them. This can be an enormous help as you sharpen your TWR focus and develop your skills.

Using your feet or toes is also a private way for using TWR in public, so that no one knows you are doing it.

2c. Ask yourself the following questions

Discussions with your pains almost always open doors to understanding your issues surrounding your pains. I repeat – Please note: THIS IS A DISCUSSION WITH YOUR PAINS, not you complaining about them or telling them off for hurting you.

The TWR questions are your keys to connecting with your inner wisdom for self-healing.

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

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

Check your SUDS level. If the number has come down with the answers you get, this is a good sign, suggesting your pain is pleased you are listening to it.

If your SUDS goes up, it is also a good sign. It is your inner self, saying you're connecting more fully to your pains so they can inform you better how to bring the needed healing into your life.

Write down the answers you get.

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

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

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

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.

Write down the answers you get.

Now, go to the next question and continue tapping.

Q3: What do you promise faithfully you will do in response to what your pain 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 seek new, deeper responses in your dialogue with your body's messages.

Again, it is important to write down the promises you make. Broken promises may invite a return of the pains.

If you've asked the questions a few times and still have no answers, or if you've had

3. TWR tapping to further reduce your pain

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

Common sense must apply in using TWR. If your pain is due to injuries or surgery, your pain may be helping you to be gentle with your body while it is repairing itself. You should not deliberately reduce it to zero until your injuries or surgical procedures have healed beyond your body's need to caution you to be gentle with it.

3a. Consider carefully: Am I ready to let go of all of my pain NOW?

If you are dealing with a chronic pain, unrelated to recent injuries or surgery, listen to your inner guidance. Helpful questions:

"How has my pain been a help to me personally?"

"How has my pain been a help to me in my relationships with other people?"

"What benefits have I had from my pain?"

"Can I tolerate a lower intensity of pain for a while, as I live with these questions and let them percolate within me?"

"Are there people I trust with whom I can discuss these questions?"
(Sometimes a trusted friend or family member may have observations you have missed.)

3b. TWR tapping is available to help you if your pains increase due to stress, exertion or further injuries.

- Check your SUDS to see how strong your pains are.
- Start your right-left tapping

- Focus your attention on your feelings and say to yourself:
“Even though I feel _____”
(Describe in detail your physical sensations and emotional feelings)
- “When I think about or when I remember _____”
(Describe in detail any issues that are stressing or worrying you)
- “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)
- Check your SUDS again, working as in the basic TWR app until your SUDS is down to zero

It is common to find your pain going down in small steps. For example, it might start at 9 → 8.5 → 7.2 → 6 → etc. At other times it may reduce more rapidly.

3c. When the SUDS for your pain is down to zero, install positive thoughts and feelings to replace the negatives you have released.

The formula for doing this is similar to the one for releasing negatives, but with the positives you are working to strengthen your feelings and thoughts.

Check how strong the positive feels, with ‘0’ = not at all and ‘10’ = as strong as it can be.

Alternately tap on the right and left sides of your body.

State positive feelings and thoughts – opposite to the negatives you’ve released, such as this ‘replacement positive’:

“I can appreciate life so much more, now that I’ve had this pain and learned to release it.”

Create your own positives, specific to what you have released.

Pair strongly reinforcing positive thoughts, images and feelings with your own replacement positive statement:

As in (3b):

- “...and I [love and accept myself, wholly and completely]”
- “I know in my heart that all will be well”
- or use any other strong positives that work well for you.

Repeat rounds of tapping + affirmation until you’ve strengthened the

replacement positive to a '10'

3d. TWR tapping is available to help you if your pains increase due to stress, exertion or further injuries. Use TWR for any pains!

4. 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](#)

5. You may find apps for specific pains helpful in dealing with your pain issues. [More APPs](#)