

The Importance of Self Hypnosis for Chronic Pain Relief

Living with chronic pain can be exhausting. Physically, mentally, emotionally. And when pain is present, it is easy to feel like your body is calling the shots.

Self hypnosis offers a powerful shift. It invites you to reconnect with a sense of choice, calm, and relief. It is a simple, focused practice that helps your body and mind relax more deeply.

For people living with chronic pain, this can be valuable in two key ways.

1. Relaxation supports healing

Pain often creates tension and stress in the body. Muscles tighten. Breathing becomes shallow. The nervous system stays on high alert. Self hypnosis helps the body soften again. This is not just soothing—it is necessary. A relaxed nervous system reduces the brain's perception of pain and creates space for healing.

2. It builds quicker access to relief

Just as you might reach for a painkiller when discomfort rises, regular self hypnosis helps create a reliable internal response to pain. With practice, your mind learns how to access calming, pain easing states quickly. And unlike medication, there are no side effects and no limits on how often you can use it.

Making Time to Practice

You do not need long sessions to benefit. Just a few minutes, practiced regularly, is enough to make a difference.

- Keep it short: Even five to ten minutes can shift your state
- Link it to a daily routine: Try practising after your morning drink, before bed, or during a midday pause.
- Treat it as self care: Like brushing your teeth. Not a task—just something kind you offer yourself.
- Use any quiet space: A chair, a cushion, a peaceful corner.

Chronic pain can create a sense of disconnection from your own body. Self hypnosis helps you rebuild that connection. Not by fighting the pain, but by meeting it with calm, curiosity, and gentle influence.

Each time you practice, you teach your body something new. Each moment of relief becomes a step back toward trust.



A PEACEFUL PATH

HYPNOTHERAPY & RELAXATION

Self Hypnosis Practice: Countdown Relaxation (5 to 1)

You will repeat this countdown three or four Times, gradually relaxing more with each round.

Step 1: Settle into a comfortable position You can be sitting or lying down—whichever feels safest and most supported. Let your arms rest easily, and take a few steady, calming breaths.

Step 2: Begin the countdown from 5 to 1

With each number, bring your attention to that area of your body, and imagine a gentle wave of relaxation flowing through.

- 5 – You will bring your awareness to your head, face, and shoulders.

Let the muscles across your forehead soften. Let your jaw loosen. Let your shoulders gently drop. This is the beginning of your relaxation wave.

- 4 – You will move your focus to your chest and upper back.

Allow this area to feel open, calm, and easy. Let your breathing feel soft and unforced.

- 3 – You will now bring your awareness into your belly, lower back, and hips.

Let this central part of your body soften and release. Imagine tension slowly draining downward.

- 2 – You will focus on your thighs and knees.

Let these large muscles feel heavy, supported, and at rest.

- 1 – You will complete the wave of relaxation through your lower legs, ankles, and feet.

Let everything from your knees down feel peaceful and calm, right to the tips of your toes.

Step 3: Breathe and affirm

Once you reach 1, you will take a slow, comfortable breath and say to yourself in your mind:

“My whole body is relaxed.”

You will let that message settle in fully before beginning the next round.

Step 4: Repeat the process

You will go through the same countdown again—3 or 4 times in total. With each round, you will notice your body relaxing more fully, and more easily. The more you practise, the more natural this will become.

Step 5: Move into your pain relief tool

Once you have completed the countdown 3 or 4 times, and you feel settled and calm, you will gently shift your attention to the pain relief technique or imagery you have chosen. Your body is now more open and ready to receive those tools with ease.

Self-Hypnosis Practice: The Healing Room and Alternating Sensations

This is a process you have already experienced during your session. You are simply revisiting something your mind and body now recognise and know how to do. Each time you return, the effect becomes stronger and more familiar.

Step 1: Find your Healing Room

Once you have repeated your counting down exercise 3 or 4 times, imagine stepping into your *Healing Room* – the peaceful place you created during your session. It is just the way you like it... safe, calm, and comforting.

Notice the colours, the textures, the warmth or coolness of the space. You might picture a soft chair or sofa waiting for you. Go ahead and settle into it. Feel the support beneath you.

You might imagine a soft blanket of relaxation wrapping around you as you rest.

This is your space for healing and comfort.

Step 2: Shifting Your Focus

This is a simple way to help reduce pain and feel more in control. You have already done it in your session—now you can use it anytime.

1. Notice where it feels uncomfortable

Gently bring your attention to the area that feels sore, tight, or tense. Just notice it. No need to change anything.

2. Find a place that feels better

Now shift your focus to a part of your body that feels okay—maybe your hands, feet, or somewhere else. Notice what comfort feels like, even if it is small.

3. Move back and forth

Switch your attention between the sore area and the comfortable one. Do this a few times—just noticing the difference.

4. Settle in comfort

Let your focus rest in the part of your body that feels the most ease. Let your body know, this is where I choose to stay.

Each time you practise, your body learns how to feel more ease and calm.

Step 3: Remind yourself You can return to this process any time.