

The Importance of Self Hypnosis for Chronic Pain Relief

When pain is present, it is easy to feel like your body is calling the shots.

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 – your brain and body collaborating.



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 Tops 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—three or four 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 three or four times, and you feel settled and calm, you will gently shift your attention to the Healing Room and Pain Control Valve.

Your body is now more open and ready to receive those tools with ease.

Self Hypnosis Practice:

The Healing Room and Pain Control Valve



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 three or four 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: Use your Pain Control Valve

You have already experienced this in your session. Use it any time to ease discomfort and increase a sense of control.

1. Imagine the Dial

Picture a round white dial with numbers from 0 to 10.

0 = complete comfort

10 = high discomfort

Tune into your body and set the dial to reflect how you are feeling right now.

2. Adjust the Dial

Gently turn the dial up a little, just to notice the change. Then slowly turn it down again.

Keep turning it down—towards 0 or as close as feels right.

Let your body respond with more ease and comfort.

3. Repeat

You can raise and lower the dial a few times. Each time you lower it, notice how your sense of comfort increases.

4. Lock it in

When you reach a comfortable level, imagine locking the dial in place.

Let your body know this comfort will stay with you, until you decide otherwise. Give a timeframe.

Take a few calm breaths. You can return to this technique anytime.

Step 3: Remind yourself

You can return to this process any time. The Healing Room and the Pain Control Valve are always available to you.

The more you practise, the more quickly your body will respond.

You are not starting from scratch—your body already knows how to do this. When you have fully experienced the effects, you can bring yourself back to full normal wakefulness.