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HANDS OF JOY

HOW TO REPLACE CHRONIC PAIN
WITH JOY AND SATISFACTION

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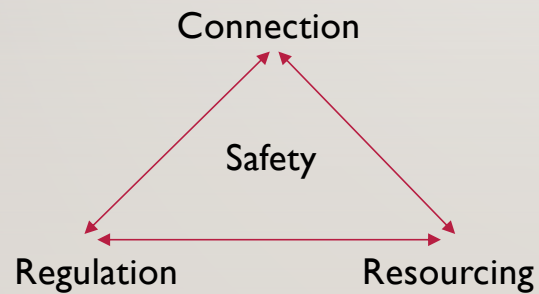
THREAT
VS.
SAFETY

You can't think you are safe; your body must "believe" it's safe:

- Cultivate messages of safety to your body
- Transform messages of danger to your body

Resolution of chronic pain is the byproduct not the focus
So how do we do this...

OPTIMIZE YOUR HANDS OF JOY™



REGULATION = SAFETY



Concept:

Helping your *nervous* system feel less *nervous*

- Down regulating your threat response and increasing the body's sense of safety & calm



Exercise:

Check Your Number – care for your internal state

Body Calmer – the “hug yourself” exercise

RESOURCING = SAFETY

S.N.A.P.S.

Concept:

- **S**leep – **N**utrition – **A**ctivity – **P**lay – **S**elf

Exercise:

- Identify the area that would benefit most from a little more attention?
- What's **ONE** thing you could do to support that?
- What does that look like, be specific

CONNECTION = SAFETY



Concept:

Compassionate Authenticity & Vulnerability
can replace
Artificial Harmony & Suppression



Exercise:

Identify what your 20% is that
you keep hidden?
Why do you hide it?
Imagine sharing it...

WHAT CAN I DO TO CONNECT MORE EFFECTIVELY?

S.T.D. determines
quality of Connection
NVC in present
moment



- OFNR: *Observations* vs. Judgments; *Feelings* vs. Thoughts; *Needs* vs. Strategies; *Requests* vs. Demands
- Our feelings & needs are a gift (learning how to express them as such)
- Desire connection MORE than being right or getting your way
- Replace static language (verb “to be”) with dynamic language

Relief of suppressed &
repressed pain
Allows authentic
connection

- Role plays - we “play” the person that stimulated pain (anger, fear, sadness, hurt) in your past so you can experience healing in the PRESENT moment by “giving” that person skills to be able to hear your pain in the PRESENT moment

WHAT CAN I DO TO CONNECT MORE EFFECTIVELY?

Identify Obligation
and “Should’s” (which
trigger autonomy and
threat)

-Replace with Joyful Giving - 7 ducks or more on the “duckmeter”

Identify where
regulation & resourcing
are being neglected in
your daily life/routine

-Try simple, small experiments and see how they feel (ex: minimize devices, regular check-ins, identify any conditioned mobilization, dependencies & addictions, etc.)

HEARING PAIN **EMPATHY**

“HEALING”

DEMONSTRATION
OR ROLE PLAY

- Anger occurs when you think you are right, and the other person is wrong (and should be punished)
- ANGER sits on a S.H.E.L.F. of pain
- Hear people's hearts not their thoughts
 - Listen for feelings and needs behind the thoughts most people express when angry

CELEBRATION

“LIFE’S FUEL”

DEMONSTRATION
OR ROLE PLAY

- Share specific observation or action
- Share what needs are met in you as a result
- Share how you feel when those needs are met
- People love to contribute so let them really know how they made your life more wonderful in that moment

IT CAN BE
DIFFERENT...

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