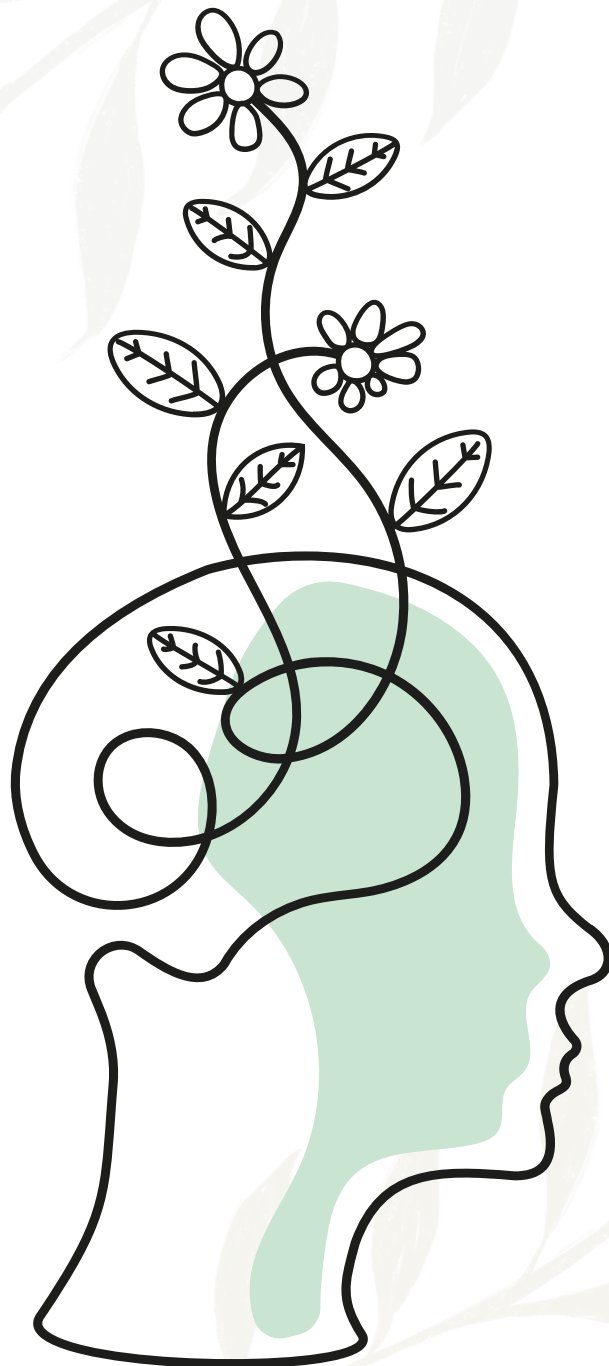


A Guide Out of the Spiral

A simple way to respond to fear, focus,
fixing, focus, fighting, forlorn



With love, Elen

How To Use This Guide

When it comes to chronic pain and symptoms, the most important voice in the world is the one inside your head. That voice can ramp things up... or help them settle down.

This isn't about pretending everything is fine. It's about being intentional with how you respond.

You don't need to jump to the last line. Start at the first one that feels true. If it feels right, move one step further. Even a small shift is enough.

You're not trying to convince yourself — you're just gently changing direction.

This guide was inspired by a video I made about chronic pain.

[you can watch it here.](#)

TALK TO YOUR BRAIN TO END
YOUR PAIN



FEAR

What it can sound like:

"What if this never goes away?"

"What if something is seriously wrong?"

Start anywhere → move one step at a time

1. "Okay... I can feel that fear coming up. That makes sense."
2. "This feels really scary right now... but that doesn't automatically mean something is wrong."
3. "My brain is trying to protect me here — it's just being a bit loud."
4. "I don't actually need to figure out the future in this moment."
5. "Right now, I'm okay. I can just focus on getting through this moment."

(You don't have to get to the last line)

Frustration

What it can sound like:

"Why is this still happening?"

"I'm doing everything right."

Start anywhere → move one step at a time

1. "Yeah... this is really frustrating."
2. "Of course I feel like this. I've been dealing with this for a while."
3. "Nothing has gone wrong just because this is still here."
4. "Getting stuck in frustration adds more pressure to my system."
5. "I can take a bit of that pressure off right now... even just a little."

FIXING

What it can sound like:

"I just need to find the right treatment."

"There has to be an answer I'm missing."

Start anywhere → move one step at a time

1. "I'm in fixing mode again."
2. "Of course I want to fix this — anyone would."
3. "But I don't actually need to solve this in this exact moment."
4. "Maybe there isn't one perfect fix I'm missing."
5. "This might be something I can work with, not solve all at once."

FOCUS

What it can sound like:

"Is it worse? Is it better?"

"Is this working?"

Start anywhere → move one step at a time

1. "I'm checking again..."
2. "That makes sense — my brain is trying to figure this out."
3. "But this constant checking is keeping me locked into it."
4. "I've noticed the sensation. I've registered it."
5. "I don't need to keep scanning it right now."
6. "I can let it sit in the background and gently bring my attention elsewhere."
7. "Roger that. I've got it. If I need to act, I will — but not right now."

FIGHTING

What it can sound like:

"I need this to stop."

"I hate this."

Start anywhere → move one step at a time

1. "I really don't like this."
2. "I can feel how much I'm pushing against it."
3. "No wonder it feels so intense."
4. "Anyone in my position would want this gone."
5. "Fighting it isn't helping my body settle."
6. "I don't have to drop the fight completely... but I can soften it a little."

FORLORN

What it can sound like:

"This is never going to change."

"What's the point?"

Start anywhere → move one step at a time

1. "This feels really heavy right now..."
2. "I can see why my mind is going there."
3. "When something sticks around like this, it's easy to assume it always will."
4. "That's a feeling — not a fact."
5. "Things can change, even if I can't see how yet."
6. "I don't need to believe that fully... just being open to the possibility is enough."

The Shift - FACING IT

Once things feel even slightly calmer... you might notice something.

The fear isn't as loud.

The urgency has dropped a little.

You're not as caught in it as you were before.

And from here... you have another option.

Instead of calming it further... you can turn towards it.

Not to fight it. Not to get rid of it.

But to meet it with a different kind of energy.

A bit more confidence... Maybe even a little bit of sass.

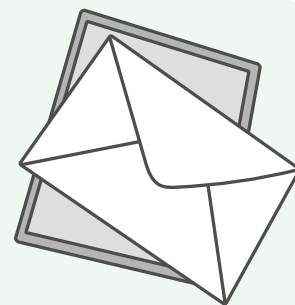
Try this:

- **"Alright... bring it."**
- **"Go on then."**
- **"Is that all you've got?"**
- **"You call that pain?"**
- **"I've been through worse than this."**
- **"This? This isn't a problem."**
- **"Come on... do your thing."**

(Not aggressive. Not forcing. Just confidence)

You may also like...

Finding Your Feet Email Series



An email series to help you navigate the twists and turns of releasing nervous-system driven pain.

This series of short emails is for that period of time between:

"I think I've found the right path, but I still feel lost"
to...

"Yep, I've got this, I know what direction I'm headed"

Whether you've just started on this journey or you've been here a while, I hope there is something in this series that might make your journey a little easier.

[Click Here for the Email Series](#)

or copy and paste this link: subscribepage.io/WgILL