

# Feel the Life You Want

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When you are in chronic pain life becomes heavy. Your lifestyle devolves into surviving. You are trying to keep your head above water dealing with significant amounts of stress. Additionally, you are carrying a heavy pain burden. You may have forgotten what it's like to live your life with deep joy and excitement about the possibilities. I would suggest an exercise that I have personally found helpful.



- Find a quiet time and place where you can just think and possibly go into a meditative state. Think back to a time of your life when you were the happiest.
  - Then visually take yourself back there, trying to remember every possible detail about that era of your life. Remember:
    - Dreams/ goals
    - Attitudes
    - Friends
    - Activities
    - Feelings and emotions around specific events
    - Spend as much time as you can with this exercise and repeat it a few times
    - Once you have really internalized that joyous period of your life then sit down again and fully experience your present life
      - Compare it visually to the era of your life when you were the happiest
      - Note the gap between then and now
      - Make a commitment to get that vision back
      - Write it down in as much detail about the kind of life you want to regain.
        - Don't worry about creating a specific plan right now.

The goal of this exercise is to wake up a dormant part of your brain. It is different than creating a vision or a business plan. You are reconnecting to a powerful part of your brain and you can nurture it and watch it “wake up.” Feeling these sensations and experiencing these memories is key. Remember and reconnect.