

One has to confront TMS, fight it, or the symptoms will continue. Losing one's fear and resuming normal physical activity is possibly the most important part of the therapeutic process.

Think Psychological

when you are aware of the discomfort, consciously and forcefully shift your attention to something psychological (something you are worried about, a chronic problem, a recurrent source of irritation....)

Talk To Your Brain

Resume Physical Activity

work on your fear and return to normal physical activity. It is essential to overcome the physical restrictions imposed by TMS (even more than the pain or discomfort). Those that cannot do this are doomed to recurrences of pain.

Discontinue All Physical Treatment

renounce any structural explanation either for the pain or its cure or the symptoms will continue

Review the Daily Reminders

The discomfort is due to TMS, not to an abnormality.

The direct reason for the pain is mild oxygen deprivation.

TMS is a harmless condition, caused by my repressed emotions.

The principal emotion is my repressed anger.

TMS exists only to distract my attention from the emotions.

Since my _____ is basically normal, there is nothing to fear.

Therefore, physical activity and activity is not dangerous.

And I must resume all normal activity.

I will not be concerned or intimidated by the discomfort or pain.

I will shift my attention from the pain to emotional issues.

I intend to be in control -- not my subconscious mind.

I must think psychological at all times, not physical.