

How to Relieve Pain of Multiple Sclerosis?



Once you've checked that you are safe and the pain isn't relevant (tear, healing, meaning):

- **Not fear it!**
- Focus on **another sensation or create another sensation**
- Let your brain know its '**not relevant**', just normal body processes and old news.
- Always watch for your **interpretation!**
- **Stop 'expecting'** that it will always be there or that it will get worse.
- Remember the sensation of 'pain' and the 'amplification of pain' might only be occurring **in the brain** and no longer in that area of the body.