Pain Management Imagery

Creating the scale
- Settle in and relax
- Take slow deep abdominal breathes
- Picture and intensity scale (0-10) and focus it clearly in your mind. You can use another image of a scale that can be adjusted if it comes to you. i.e. thermostat
- Focus on the number that relates to the pain/discomfort and see if on the scale

Adjusting the numerical rating on the scale
- Slowly begin to decrease the number
- Notice how the pain decreases as the number lowers
- Slowly continue to lower the number

Locking in the new level
- Notice the pain continues to decrease to the point it is tolerable. You will know what number is right.
- Notice you feel minimal discomfort or none at all
- When you reach the final number lock it in place