

Place Hand on Thigh

Do some relaxation breathing

Focus on the discomfort/pain

Rate pain on scale of 0-10

Describe the physical qualities of the discomfort: eg

Sensation

Color

Shape

Sound

Movement

Use your "will" and "Imagination" to move the discomfort from where it is to your leg, under your hand.

Imagine all the ways the pain could move from your hands into your leg where your foot is touching it. : through upper arm down body into leg

Changing color or shape or sensation or sound or movement quality,

Crumbling or flowing or moving whole, or jumping or flying to leg

Repeat and redo this until you feel more comfortable