RFT Interventions for Transforming Pain into Purpose

1. Conditional:
   a. If you could make room for this pain, what would that enable you to do that matters in your life?
   b. If you could use this pain to help others who are suffering, how might you go about doing so?
      i. NOTE: conditional relations (cause/effect) are present in many of the following examples

2. Coordination:
   a. What might this pain be revealing that you care about?
   b. If this pain represented a gap between the life you have and the life you want, what would the life you want look like?
   c. If you pull away from this pain, what else might you be turning away from that matters to you?

3. Comparison:
   a. Is the pain more or less present when you’re doing something meaningful?

4. Distinction:
   a. How would your life be different if you were willingly open to having this pain?
   b. What would you have to not care about to not experience this pain?

5. Opposition:
   a. If this pain was on one side of a coin, what would be on the opposite side that’s important to you?
   b. If this pain that you don’t want was actually an indication of something you do want (in your life), what might it be pointing towards?

6. Spatial:
   a. Where (what important situations) in your life do you tend to experience this pain?
   b. If this pain was on the outside protecting something precious on the inside, what might that be?

7. Temporal:
   a. What have you learned from past experiences with pain like this that could be helpful now?
   b. How might experiencing this pain right now be of value to you in the future?

8. Deictic:
   a. Ten years from now, you’re looking back, what do you want your life to have stood for in the presence of this pain?
   b. If you were here and I was there experiencing this pain, how would you respond to me?
   c. Someone you care about shares about their own experience of this pain, how do you respond?
   d. If you’re dearest friend or family member was here, how might that person respond to your pain?

9. Hierarchical:
   a. If this pain was part of something that really mattered to you, what would it be?
   b. How could you use this pain in the service of something greater, to enrich your life in some way?