

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?*