

Your Mind Lies to You

When you are in pain, your mind can make things worse. Negative thoughts, fears about the future, or regrets from the past can all increase your suffering. Learning to control your mind and stay present helps reduce the power of pain.

Why It Matters

- The past is a memory.
- The future is only a prediction.
- The present is where you have control.
- Living in the present reduces stress and helps your body relax, which can lower pain.

How to Control Your Mind

- Notice the Lie – When your mind says, 'This will never get better,' pause and recognize it as just a thought.
- Shift to the Present – Focus on your breath, your body, or your surroundings.
- Replace with Truth – Remind yourself: 'I can only control this moment.'
- Practice Daily – The more often you catch and redirect your thoughts, the stronger your mental control becomes.

Tools That Can Help

- Mindfulness exercises
- Meditation or prayer
- Journaling what you notice
- Gratitude practice (writing down 1–2 things you are thankful for today)

Goal

The goal is not to stop thoughts but to stop believing the ones that make pain worse. By staying present, you gain control over your mind—and your pain.

Present Moment Practice Log

[illegible]