



Paying attention to pain or not?

Miller (1984) found that we can hold 7 (+/-2) pieces of information in our brain at any one time. When we are thinking about turning our attention away from pain, this is a bit like musical chairs. We want to fill up the 7 'seats' in our brain with other things, so that pain is left running around without a seat!

What are 7 positive things which can fill your 'seats'?!

