

Table 4-11: Peaceful Distraction

Something may have happened to you a while ago that brought you peace and comfort. You may be able to draw on that past experience to bring you peace or comfort now. Think about these questions.

1. Can you remember any situation, even when you were a child, when you felt calm, peaceful, secure, hopeful or comfortable?
2. Have you ever daydreamed about something peaceful? What were you thinking of?
3. Do you get a dreamy feeling when you listen to music? Do you have any favorite music?
4. Do you have any favorite poetry that you find uplifting or reassuring?
5. Have you ever been religiously active? Do you have favorite readings, hymns, or prayers? Even if you haven't heard or thought of them for many years, childhood religious experiences may still be very soothing.

Additional points: Very likely some of the things you think of in answer to these questions can be recorded for you, such as your favorite music or a prayer. Then, you can listen to the tape whenever you wish. Or, if your memory is strong, you may simply close your eyes and recall the events or words.

Source: Adapted from McCaffery M, Beebe A. *Pain: Clinical Manual for Nursing Practice*. St. Louis: RV Mosby Co, 1989.