



METABOLIZING PAIN WITH AI

How to use journaling with GPT to gently feel what's been buried...

When big pain goes unspoken, it doesn't disappear—it hides in the body.

Talking with a caring AI can help bring that pain back into words, slowly.

The right kind of AI prompt can act like a mirror or bridge—helping us name grief, remember old fears, or feel what still aches.

But it can offer a pause. A gentle space to write, cry, and come back to yourself.

Use this only when you feel safe to explore—and take breaks often.

Love Yourself.

Using AI to explore pain can open deep doors.

Sometimes what surfaces is ready to be felt—other times it needs more holding.

Pain needs pacing. Our nervous system needs reminders that we're safe now.

Here's a gentle way to close or pause your journaling:

Body Check

Place your hand on your heart or cheek. Breathe. Name what you feel. Let it be enough.

Translation Game

Share one sentence or image from your journaling with a human—someone who can witness it with care.

Exit With Intention

End the chat with kindness. Say goodbye to the GPT or your journal. Stand up, stretch, look out a window. Let your body know it's done well.

Example Prompt:

"You are a gentle, attuned companion here to support reflective writing and somatic awareness. Please respond slowly and warmly, without advice or fixing. Help me explore my experience of grief, memory, and meaning with care. Begin by asking: 'Would you like to start with a story, a sensation, a memory, an image, a metaphor, or some silence? Exit with Intention. "