

# Meet your DIM/SIMs!



Experience Yoga

# DIM/SIM

DIM = Danger In Me

Pain exists when your evidence of '**danger**' is greater than your evidence of 'safety'.

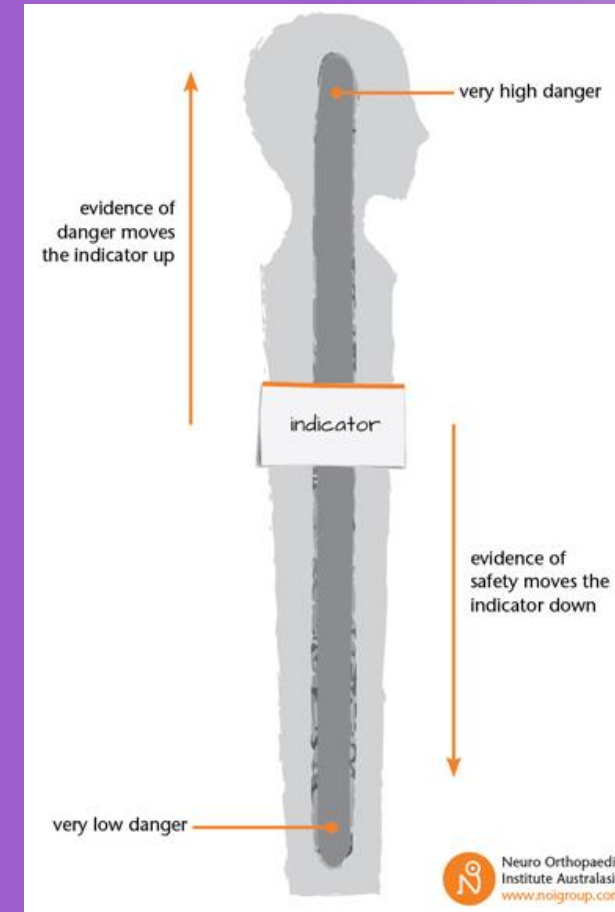
SIM = Safety In Me

Pain does NOT exist when your evidence of '**safety**' is greater than your evidence of 'danger'.



# Protectometer - to protect you

1. Things I hear, see, smell, touch, taste
2. Things I say
3. Things I think and believe
4. Things I do
5. Places I go
6. People I meet
7. Things happening in my body



**Pain zone**

**No pain zone**