

DPS ZERO PAIN NOW

Just answer the 10 questions below. Choose the most appropriate answer for each question. Notice that each answer has a number of points associated with it – 5 points or 3 points or zero points.

As you answer each question please keep track of the number of points you're getting so you get a total at the end – somewhere between 0 and 50. I'm working on automating this process but for now you'll need to keep track of your score manually. Once you have your total score look below the questionnaire for the explanation of your results.

[Are you really 100 % willing to do what it takes to get rid of your pain?](#)

Yes - 5 points

No - 0 points

[Have you experienced pain, tingling, burning, numbness or weakness for more than 6 weeks or has discomfort returned to an old area of injury?](#)

Yes – 5 Points

No – 0 Points

[Does your level or frequency of pain change during times of higher stress or emotion](#)

Always/Almost always – 5 Points

Sometimes – 3 Points

Never – 0 Points

[Does your pain move around – even slightly?](#)

Frequently – 5 Points

Sometimes – 3 Points

Never – 0 Points

[Are you very dependable, controlling, spiritual, do-gooder, perfectionistic, sensitive to criticism, people pleaser, compulsive or hard on yourself?](#)

Four or more of these characteristics – 5 Points

One to three of these characteristics – 3 Points

None of these characteristics – 0 Points

[Do you have any history of Gastrointestinal or other tension related problems such as IBS, constipation, ulcer, gastritis, reflux, tension or migraine headaches, hives, eczema, or any other tension related issues?](#)

2 of more – 5 Points

1 – 3 Points

0 – 0 Points

Have you tried and had limited, temporary or no success with other methods of curing your pain such as surgery, drugs, physical therapy, acupuncture, chiropractor, exercise, pain clinics etc.?

2 or more – 5 Points

1 – 3 Points

0 – 0 Points

Do you find that applying heat or ice provides temporary relief?

Yes – 5 Points

No – 0 Points

Do you find that exercise or movement of any kind temporarily reduces your level of discomfort?

Yes – 5 Points

No – 0 Points

Does your level of pain or discomfort ever change when you are distracted or have a change in lifestyle such as a vacation?

Always/Almost always – 5 Points

Sometimes – 3 Points

Never – 0 Points

Have you been told any of the following? Surgery will not (or has not) help, you have a soft tissue problem, something is pressing on a nerve, your problem is degenerative

Yes – 5 Points

No – 0 Points

The Pain Test Results Explained

Great! You've taken the Pain Test and you've gotten a score. Here's what that result means...

If your score is 27 – 60, it's very likely that you have Diversion Pain Syndrome and that the Reality Reset Process can help you get free from pain. If you scored 27 or higher on The Pain Test fill in the contact form for further procedure.

If your score is 15-26, it's still likely that you have Diversion Pain Syndrome and that the Reality Reset Process can help you get free from pain.

If your score is 0-14 it's not too likely that you have Diversion Pain Syndrome and it's not too likely that this Traject will help you.