



# THE 3 QUESTION HEADACHE CURE



Licensed Neuro-  
Semantic NLP  
Trainer

This is a simple but very effective process that I use with myself and others to quickly and easily drain a headache...

With only 3 questions!

Print out this document and next time you get a headache, give it a go. I am sure you will be surprised how effective this process is.

## **The 3 Question Headache Cure:**

Question #1: *“Do you want to get rid of your headache?”*

If you get a “Yes”, proceed to question # 2, If “No”, leave the poor person alone!

Question #2: *“What color is the headache?”*

If you or the other person doesn't have an answer to this question then ask, “If it did have a color, what color would it be?” and allow them to find an answer.

Question #3: *“How much liquid can it hold?”*

If you or the other person does not have an answer then ask “If it could hold liquid, how much liquid would it hold?” and allow them to find an answer.

Step 4: Continue to cycle through the questions in the same order, i.e. *“Do you still want to get rid of your headache?”*, *“What color is it now”*, *“And now how much liquid can it hold?”*, *“Do you still want to get rid of the headache?”*, *“And now what color is it?”*, etc.

You will find that each time around the headache will drain out more and eventually disappear completely.



### Trouble shooting:

In my experience this process is successful around 60-80% depending on the circumstances and your level of experience/skill. Here are some tips to make this process work for you more successfully, more of the time.

1. If the person is having difficulties answering Questions 2 & 3 make it clear that it is not about getting an answer that is 'real', just about an answer that seems acceptable to them. It is just about allowing themselves to be creative and allowing you to "try" a process that will "potentially" get them what they want.. to release their headache!
2. When asking questions 2 & 3, use a tone of voice that pre-supposes the headache will be disappearing i.e. *"What color is it now!?"*
3. If the person doesn't want to get rid of their headache then let them be... but if they do, stick with them even if you hit a little blockage. It is from working through the unexpected blockages where you get the real learnings.
4. Every time you practice this process you will learn more about how to make it work more effectively so practice, practice, practice... especially with yourself!
5. If you want some ideas on how to get more creative with this process see the article at:

<http://perceptionacademy.com/how-i-cured-a-migraine-through-text/>

To having a clear head and an open mind,

*Jason R. Schneider*

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