

## full tilt living newsletter

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Remember “Kiss it and make it better?” The completely unsanitary, un-scientific approach to wound care that makes band-aids come in a distant second. But then when you think about it, how could a bit of gauze and a strip of adhesive ever really compete with “I'm sorry you hurt.” Maybe it could if we weren't so strangely wired. The hurting part goes way beyond what the “body machine” suffers.

If our other machines worked that way, we'd be in a constant tizzy trying to figure out what the heck could be wrong with them. And I can tell you that saying “I'm sorry you hurt” to a busted computer will get you a busted computer. Kiss or no kiss.

There it is: kisses work on human boo-boos. And you know, we really haven't changed much from the skinned knees days of our first years here on earth. The thing that makes it better when we hurt remains wrapped up in that simple act..

You think it's not so? I heard a story recently of a psychologist in Hawaii who healed an entire prison of psychopaths and their over-stressed prison staff by sitting quietly in his office hour after hour and saying softly, “I'm sorry.” Or words to that effect. As the story goes, he viewed himself as the one who was wounded and in need of healing and forgiveness. The prisoners, in his eyes, were a reflection of his own state.

Pretty far out. But hey, didn't you buy the “I'm sorry you hurt” message carried in those kisses? And did it not feel better?

How about taking on a little challenge and applying the kisses for boo-boos theory? There's two possible applications. One pretty straightforward and the other more challenging.

This first involves saying in a heartfelt manner, “I'm so sorry!” when someone tells you of their hurt—physical or emotional. Bring up every memory you have of the comfort you received when this was done for you when you say the words to them. If it so happens that you come from a strictly band-aid oriented background, you can imagine what it would have felt like to have your hurts kissed away as a child. This kind of thing isn't necessarily tied to actual events, and feelings have a way of surpassing the limitations of time. So you can sort create retro-feelings even if the event you would have wanted them to apply to has passed. Did I not say humans have some weird wiring?

And now the more challenging version:

Do this when you come up against a time that you're feeling angry, frustrated, and under the surface hurting. You are, you know. If you weren't in pain, you wouldn't be angry and frustrated. You could even be angry and frustrated with yourself. Conjure up those memories (or the retro versions you created) of having your hurts kissed away and say softly to yourself, “I'm so sorry.” More than once. Maybe even dozens of times depending on the circumstances.

This kisses for boo-boos exercise has all sorts of potential benefits. Feel better stuff like helping the breathing to slow and deepen, a sense of being soothed, moving out of fear, a greater sense of calm. All the kinds of things that help us pick ourselves up, dust ourselves off and get back to business.

*And know that I'm behind you all the way.*