Thoughts about pain

What you tell yourself about pain changes how much it hurts and how much you do.

Name _____ Date _____

Pain grabs attention and sets off alarming thoughts. Those thoughts raise fear and tension, which turn pain up. A calmer, more accurate thought does not remove pain. It stops fear being added to it.

Alarming thought	A steadier version
"This pain means I am doing damage."	"Hurt does not always mean harm. I have been told this movement is safe."
"I cannot stand this."	"It is very unpleasant, and I have got through it before. It will ease."
"It will only get worse."	"It goes up and down. I am learning what helps."
"I cannot do anything any more."	"There are things I do differently now, and things I can build back."
"I should push through."	"A steady amount works better than forcing it."

Situation	What I told myself	Fear or distress (0 to 10)	A steadier thought	Distress now

The thought about pain that affects me most

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