



WHAT CHANGES MY PAIN?

TRIGGERS

Have you noticed what makes your pain worse? Are there particular situations or specific movements that trigger your pain? Ex. talking with the insurance company, rush hour traffic, or vacuuming.

Next to each trigger you've identified, brainstorm possible reasons why your brain may perceive them as dangerous. Try to think beyond muscles and joints! Can you think of times these triggers *didn't* make your pain worse?

SOOTHERS

Have you noticed what makes your pain better? Are there particular situations or movements that soothe your pain? Ex. gentle yoga, talking with my best friend, or turning the lights down low.

Can you do more of the things that soothe your pain? We can't (and shouldn't!) always avoid the things that seem to make our pain worse, but what soothes our pain can be used as tools to change our overall pain experience.