



Learning About Managing Pain

Patient Workbook

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Table of Contents

Week 1: Let's Get Started: Pain is Stressful!.....	5
Week 2: Manage Your Brain to Manage Your Pain	25
Week 3: Getting Active	39
Week 4: Pain and Emotions	53
Week 5: Stand Tall Talk	67
Week 6: Thoughts That Work Against You	85
Week 7: Making Your Thoughts Work for You	97
Week 8: Master Your Thoughts to Manage Your Pain.....	111
Week 9: Get Better Sleep.....	123
Week 10: Your Pain Coping Toolbox	137



Coping with Chronic Pain Group

Week 1

Let's Get Started: Pain Is Stressful!



Week 1 Goals

- Learn about the purpose of these groups.
- Learn what we will do each week.
- Learn how to use the workbook.
- Get to know each other.
- Learn how stress and pain are related.
- Learn about Your Pain Toolbox.



In this group, you will learn ...

- a lot about pain.
- how your **thoughts**, **feelings**, and **actions** affect your pain.
- relaxation and other skills to help you manage pain.

What You Say is Private!

- Your group **leaders** will not talk about the people in this group.
- But, if you tell us you are planning to hurt yourself or someone else, we must take steps to keep you or others safe.
- We ask **you** not to talk about the people in this group.

Special Jobs for Group Leaders

- Teach you skills to help you manage pain.
- Listen carefully to all group members.
- Work with all group members as a **team**.
- Keep things moving and on time.

Special Jobs for Group Members

- Show up for group each week.
- Be active and share your wisdom.
- Share only what you want to share.
- Practice your new skills.
- Tell the group about the skills that do and do not help you.
- Respect each other.
- Take turns and share the group time.



Tell the Group About Yourself

- What is your name?
- What do you enjoy doing even with chronic pain?
- Tell the group about your pain.

Why Are We Doing These Groups?

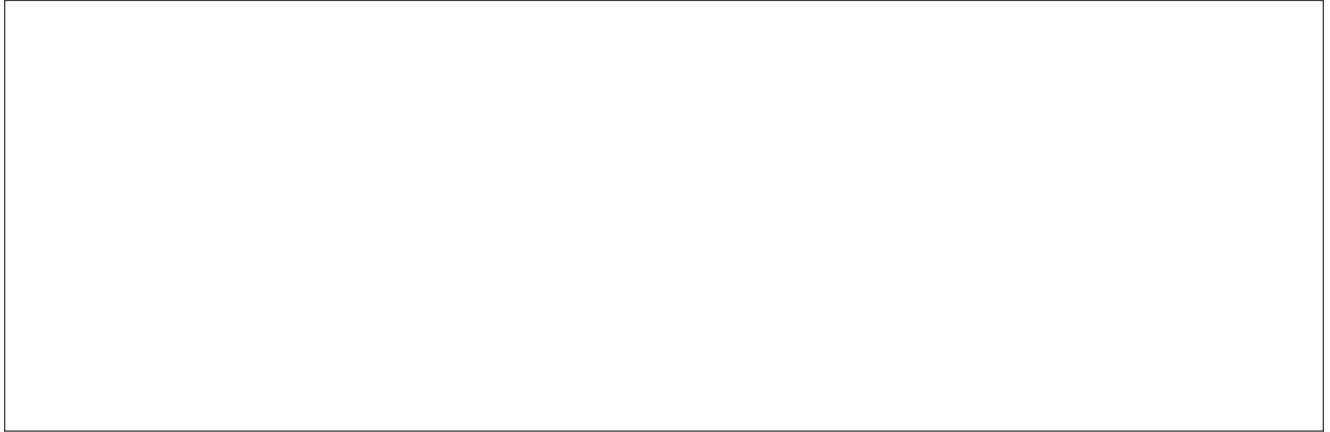
- Chronic pain is a big problem.
- Most medical treatments for chronic pain use surgery or medicine.
- Many people with chronic pain do not know how pain works in the brain and body.
- Medical facts about pain can be hard to understand.
- We want to make Pain Facts easy to understand.
- We want to give people with chronic pain the chance to talk with and support each other.
- We can't cure your pain, but we can teach you new ways to manage it.

Pain Fact # 1: Chronic Pain and Short-Term Pain Are Different

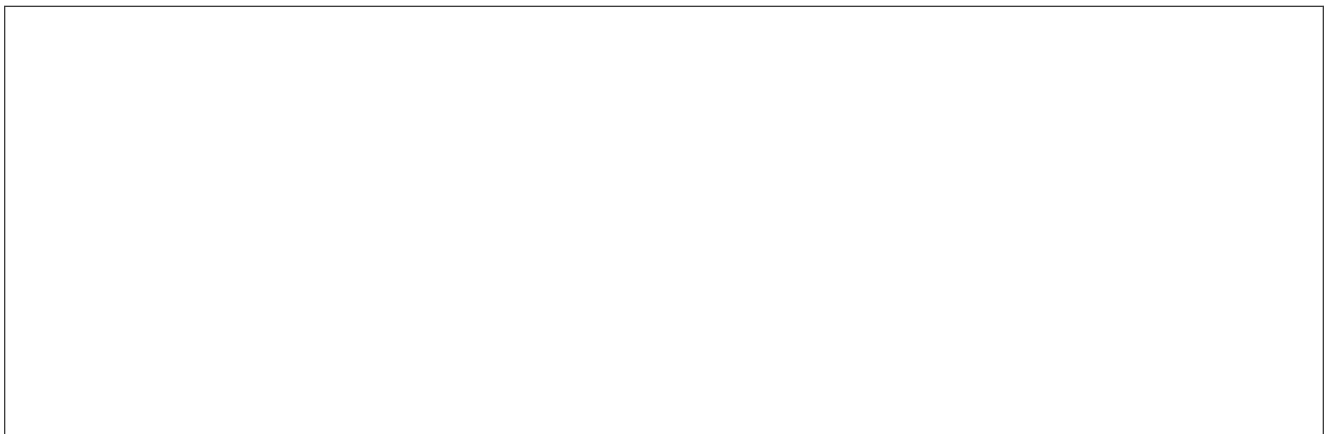


- **Short-term pain** does not last past normal healing time.
- **Chronic pain** lasts more than 3 months, hurts most days, and gets in the way of what you can do.
 - Chronic pain is real.
 - Your pain is **real**.
- At least 3 out of 10 people have chronic pain.
- Most people with chronic pain have pain in more than one part of their body.
- Causes of Chronic Pain
 - Illness (arthritis, fibromyalgia, migraine headaches)
 - Accident (injuries, car accidents, falls, job injuries)
 - Unknown
- Everyone's pain is different, but people also share a lot in common.
- Some things make pain worse and some things make pain better.

What makes your pain better?



What makes your pain worse?



Pain Fact #2: Stress and Pain Are Related



- Pain is stressful.
- Stress makes pain worse.
- Bringing down stress **in a healthy way** makes pain better.
- We can teach you skills to manage stress.

What does **stress** mean to you?

What makes you stressed?

What does your body do when you are stressed?

What Is Stress?

- Stress is the feeling we have when we are under pressure.
- Stress affects our body and our mind.
- Stress can be short-term or long-term.
- Long-term stress is more harmful.

Pain Fact #3: The Stress Response Has Four Parts



1. Your Body

- Blood pressure goes up
- Muscles get tight
- You can get sick



2. Your Emotions

- Scared
- Sad
- Mad



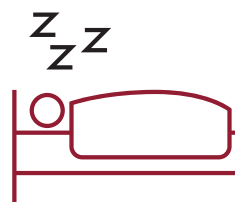
3. Your Thoughts

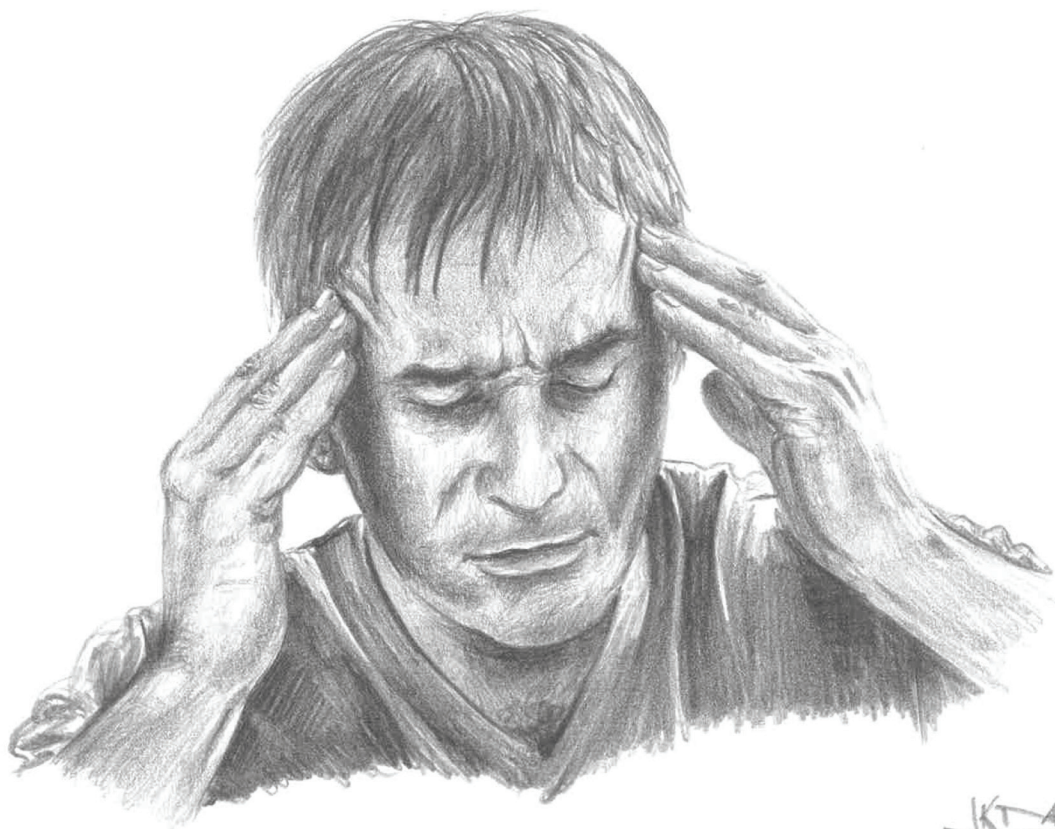
- Trouble making decisions
- Feeling confused



4. Your Actions

- Losing your temper
- Going to bed
- Crying





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What are your stress symptoms?

Pain and Stress Are Related

- **Pain** can make you stressed.
 - Chronic pain can be very stressful.
 - Chronic pain can lead to the Stress Response.
 - Stress can make your pain worse.
- **It is important to learn to cope with stress.**
 - Coping is a way of dealing with problems.
 - There are helpful and unhelpful ways to cope.
- What are some **helpful** ways you cope?

- What are some **unhelpful** ways you cope?

Pain Fact #4: How We Think About Stress Matters



- Change can be stressful. We might think, “**I can’t take this!**”
- Change is less stressful when we think: “**I can handle this.**”
- How we think about an event is more important than the event itself.
 - We can’t get rid of stress, it is a part of life. We **can** change the way we think about stressful events.
 - **Our thoughts about an event change how we feel and what we do.**
- We can think about a stressful event as a **threat, a loss, or a challenge.**

A **threat** is something that can harm us.



A **loss** is something we cannot get back.



A **challenge** is something that is hard, but we can do it.



Example:

Your son or daughter is looking for a job. How could the way they think about looking for a job change their other thoughts, feelings, and actions?

	Thoughts	Feelings	Actions
Threat or Loss			
Challenge			



Your Pain Toolbox



Here is your first tool!

+ FIRST AID FOR STRESS!

- **You can** reduce your stress!
- You are **your own best help**.
- Several long, deep breaths can help a lot.
- Breathing like this can take care of stress right away, before it becomes a bigger problem.
- Breathing is one kind of relaxation.
 - Relaxation is one way to deal with stress and pain.
 - It can help calm our minds and bodies so that we feel prepared to handle the situation.
 - In this group, you will learn different ways of using relaxation.




20 Breaths to Feel Less Stressed

1. Notice how your body feels right now.
2. Now, slowly breathe in at a rate comfortable for you.
3. Then, slowly breathe out – a little slower than you breathe in.
4. Do this **20** times.
5. Now, notice how your body feels.

Your Weekly Pain Prescription



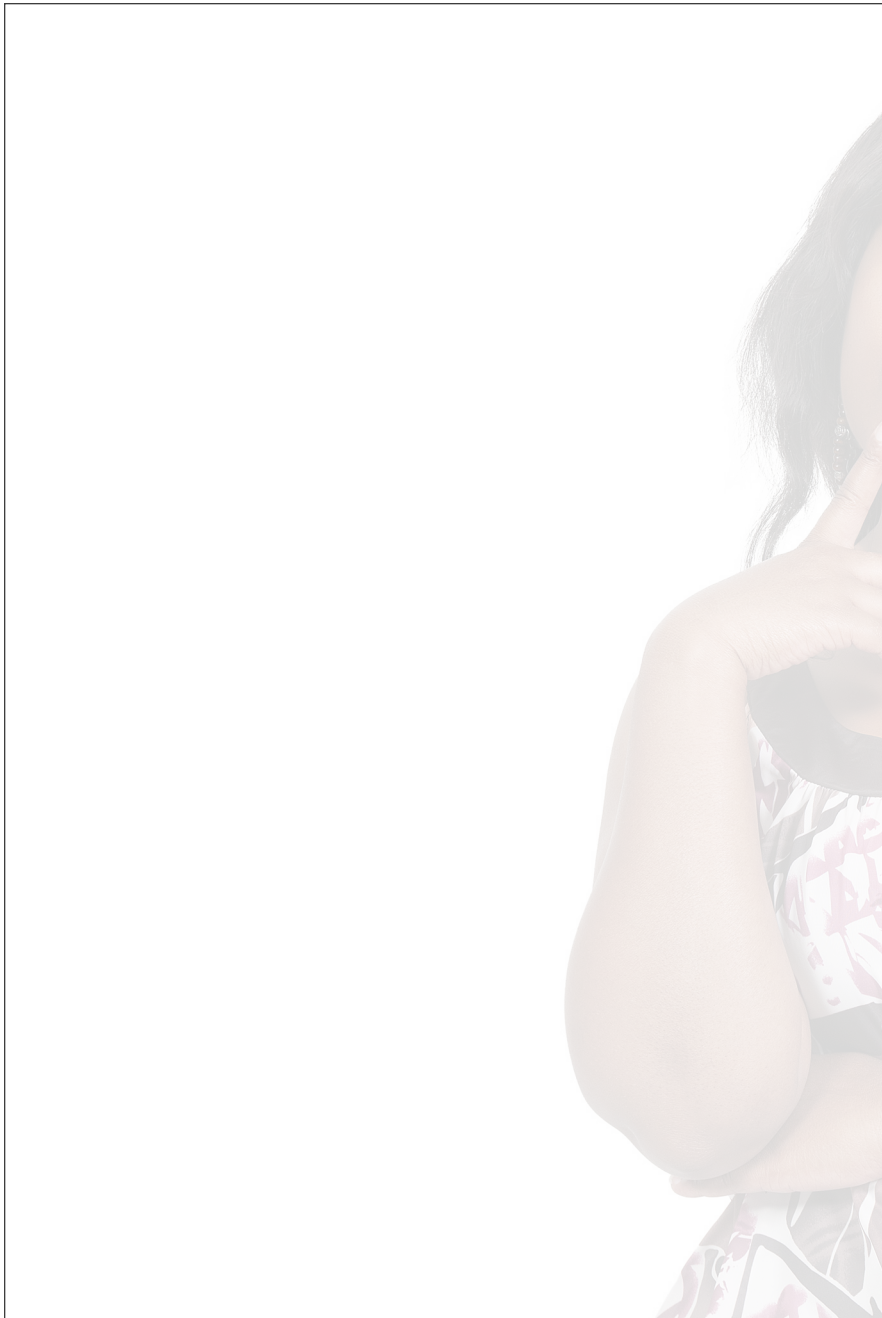
1. Listen to the Session 1 Tips. 
2. Think about Stress and Pain.
 - Remember, you can think of an event as a **threat**, a **loss**, or a **challenge**.
 - During the week, notice when you feel stressed.
 - How did you think about the situation? A threat? A loss? A challenge?
 - How did this affect your thoughts, feelings, and actions?

We will work on this in the coming weeks.

3. Use First Aid for Stress
 - When you feel stressed, stop and notice how your body feels.
 - Then, sit down and take 20 slow breaths.
 - After you finish, notice how your body feels.
 - Do this every day, as many times as you want.

How Can I Use What I Learned Today?

Take a couple of minutes to write 1-2 things that you learned today that you could use this week.



Week 1 Summary

Let's Get Started: Pain Is Stressful!

What we learned in group this week:

- Pain Fact #1: Chronic Pain and Short-Term Pain Are Different
- Pain Fact #2: Stress and Pain Are Related
- Pain Fact #3: The Stress Response Has Four Parts
- Pain Fact #4: How We Think About Stress Matters
- Your Pain Toolbox
 - First Aid for Stress



Week 2

Manage your Brain to Manage your Pain



Week 2 Goals

- Learn how pain works in the brain.
- Learn how to close the gate to pain signals.
- Learn the **Breathing Space Relaxation**.



First Aid for Stress Exercise

Your Pain Prescription from Last Week

- Share one stressful event from last week.
- Which path did you take? (Threat, loss, or challenge?)
- How did this affect your thoughts, feelings, and actions?
 - What **thoughts** did you think?
 - How did your **body** feel?
 - What **emotions** did you feel?
 - What were your **actions**?

- How did you use **First Aid for Stress**?

Putting Yourself in Charge

- Grow a feeling of “I know I can do it!”
- Have a strong belief in yourself.
 - Believe you can do things to help manage your pain.
 - Believe you can do things to manage your life.
- Putting yourself in charge helps you to manage your pain better.
- What are some ways you can put yourself in charge?

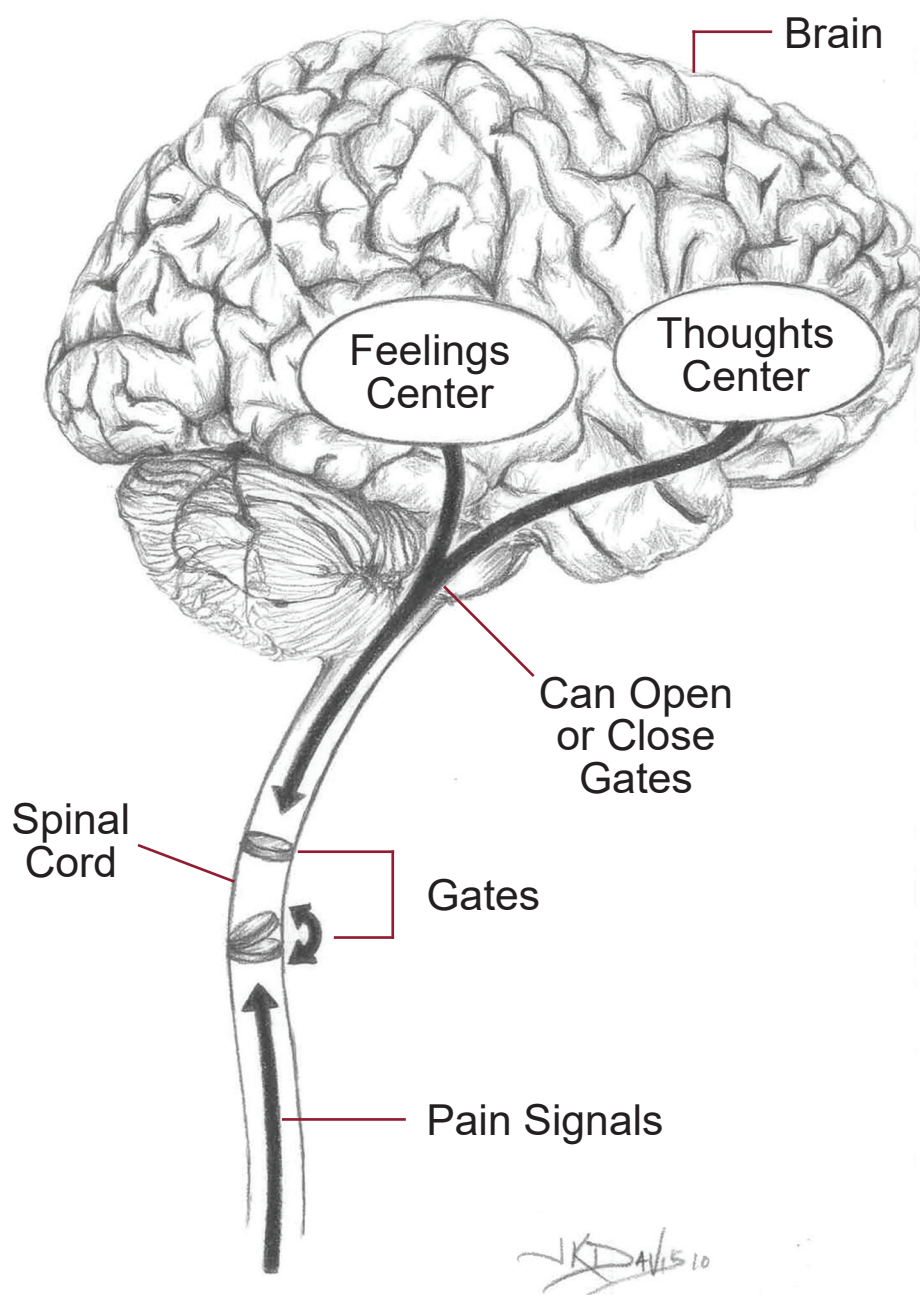
Pain Fact #5: The Brain Decides When You Are in Pain



- Pain is *sometimes* caused by a broken or worn out body part. **But not always:**
 - Often, even when the part is “fixed,” the pain stays.
 - Sometimes, we have pain without any sign of a broken or worn-out body part.
- **How Pain Works in the Brain**
 - Your body sends signals to the brain.
 - The brain reads these signals and then you feel pain.
 - BUT, it is not a one-way street!
- The brain can send signals back to your body.



Pain Fact #6: Brain Signals Open or Close a Pain Gate



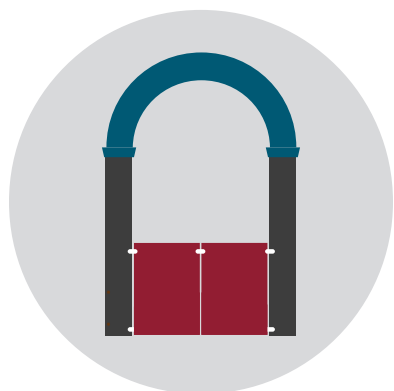
Close the Gate to Pain Signals

An open gate = **more** pain signals to the brain

- Things that open the gate:
 - Depression, anger, fear
 - Unhelpful thoughts
 - Underdoing: No physical activity (sitting, not doing much)
 - Overdoing: Too much physical activity (standing for too long)
 - Even pain medicine opens the gate sometimes
 - When you take it for a long time and it does not work anymore
 - When you take more than the doctor prescribes



A closed gate = **fewer** pain signals to the brain

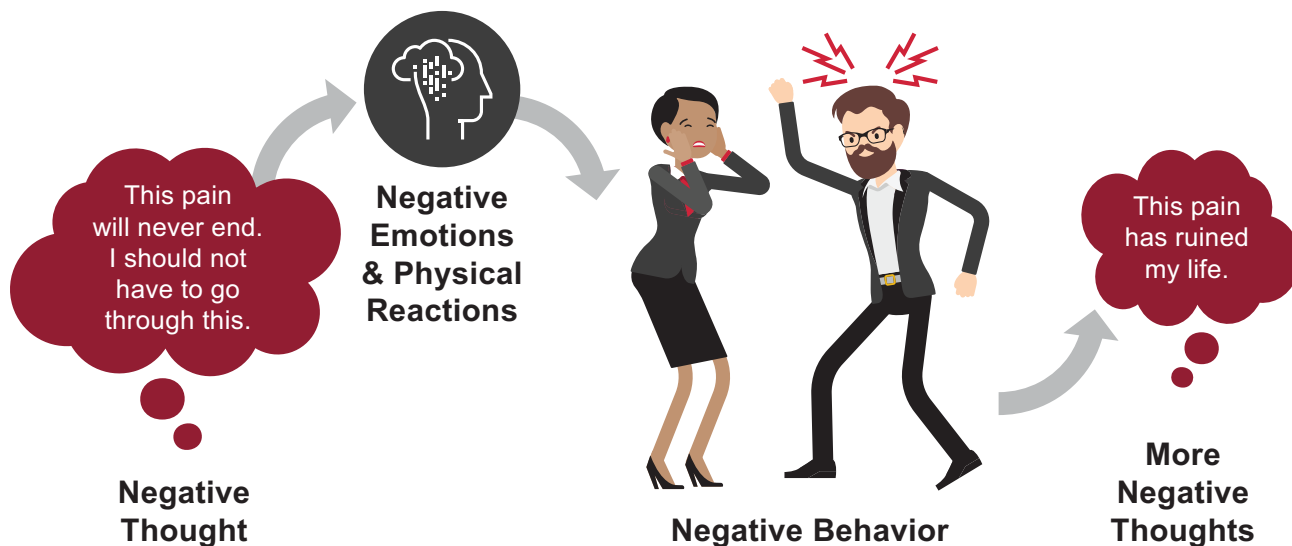


- Things that **close the gate**:
 - Being active without overdoing it
 - Pacing your activities
 - Feeling positive
 - Thinking positive (having hope!)
 - Pain medicine (sometimes)

YOU Can Learn to Open or Close the Gate Yourself!

▪ **Thoughts and Feelings**

- can open or close the pain gate.
- affect how the brain feels pain.
- affect how we deal with pain.
- are affected by stress.



What You **THINK** and **DO** Can Affect Your Pain

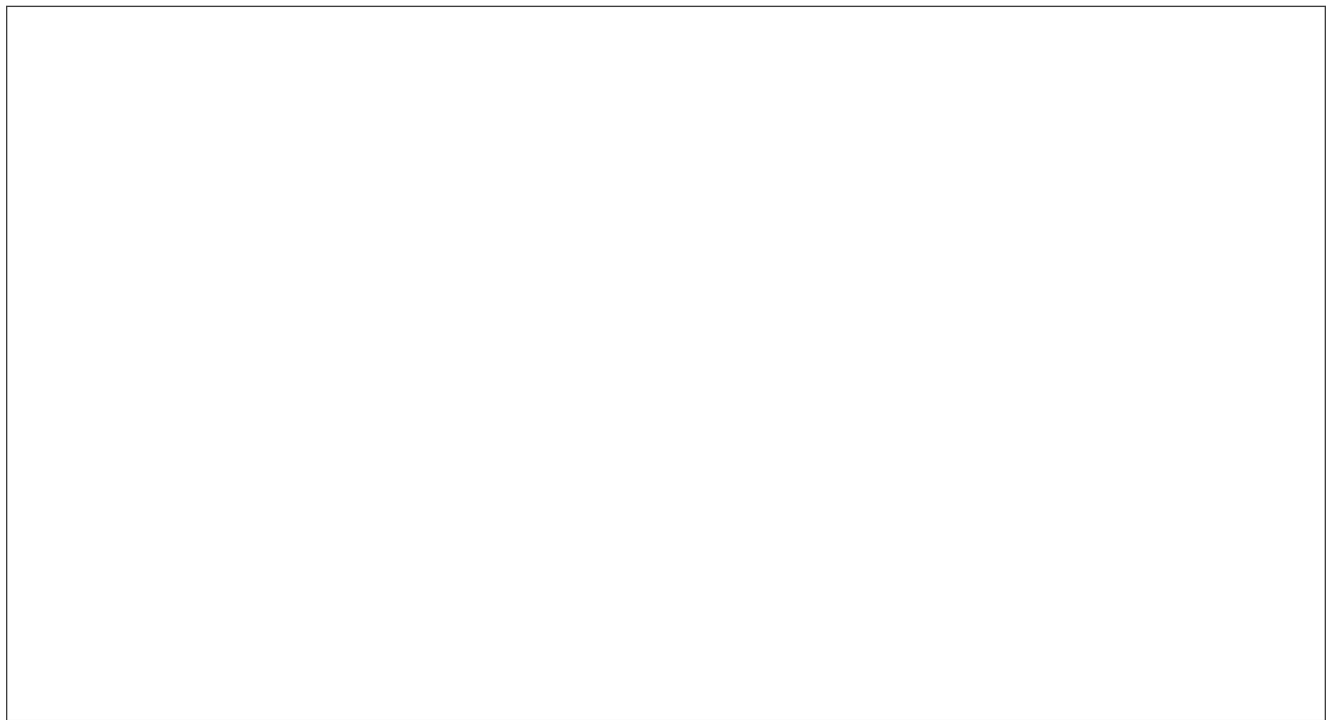
▪ Our thoughts affect

- other Thoughts
- our Bodies
- our Emotions
- our Actions

What We **THINK** and **DO** Can Change How We **FEEL**

- **Unhelpful Thoughts** can open the pain gate.
- Often, we are not aware of these thoughts or beliefs.
- **But**, we **can** learn to be aware of them

- **What are some of your unhelpful thoughts?**



We will work more with this in the weeks to come.

GATE CLOSER: Breathing Space Relaxation

Relaxation Practice

- Think of **First Aid for Stress** as a way to deal with stress when it comes up (week 1 relaxation practice).
- Other Relaxation goes deeper. With practice, it can keep you from feeling stressed.

Learning and Practicing Relaxation


- Helps you to feel more in-control.
- Helps you to have a strong belief in yourself.
- Helps you to manage your pain.



J. Davis
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Your Weekly Pain Prescription



1. Listen to the Session 2 Tips for Discussion Group highlights. 
2. Listen to **Breathing Space Relaxation** at least **3 times**.
 - Right now, pick the best three days.
 - Now, think about the best time of day. Would it be easier to do it in the morning, lunchtime, the afternoon, or the evening?



How Can I Use What I Learned Today?

Take a couple of minutes to write 1-2 things that you learned today that you could use in the future.



Week 2 Summary

Manage Your Brain to Manage Your Pain

What we learned in group this week:

- Pain Fact #5: The Brain Decides When You Are in Pain
- Pain Fact #6: Brain Signals Open or Close a Pain Gate
- You can learn to close the gate through your thoughts, feelings, and actions.
- Your Pain Toolbox
 - Gate Closer: Breathing Space Relaxation



Week 3

Getting Active



Week 3 Goals

- Learn about fear and activity.
- Learn about pacing yourself to get more active.
- Plan more enjoyable activities.
- Learn **Warm and Heavy Relaxation**.



Breathing Space Relaxation Exercise

Your Pain Prescription from Last Week

- Share your experience with the **Breathing Space Practice** from last week.
 - How often did you practice?
 - What did you learn through your practice?
 - What were the roadblocks?

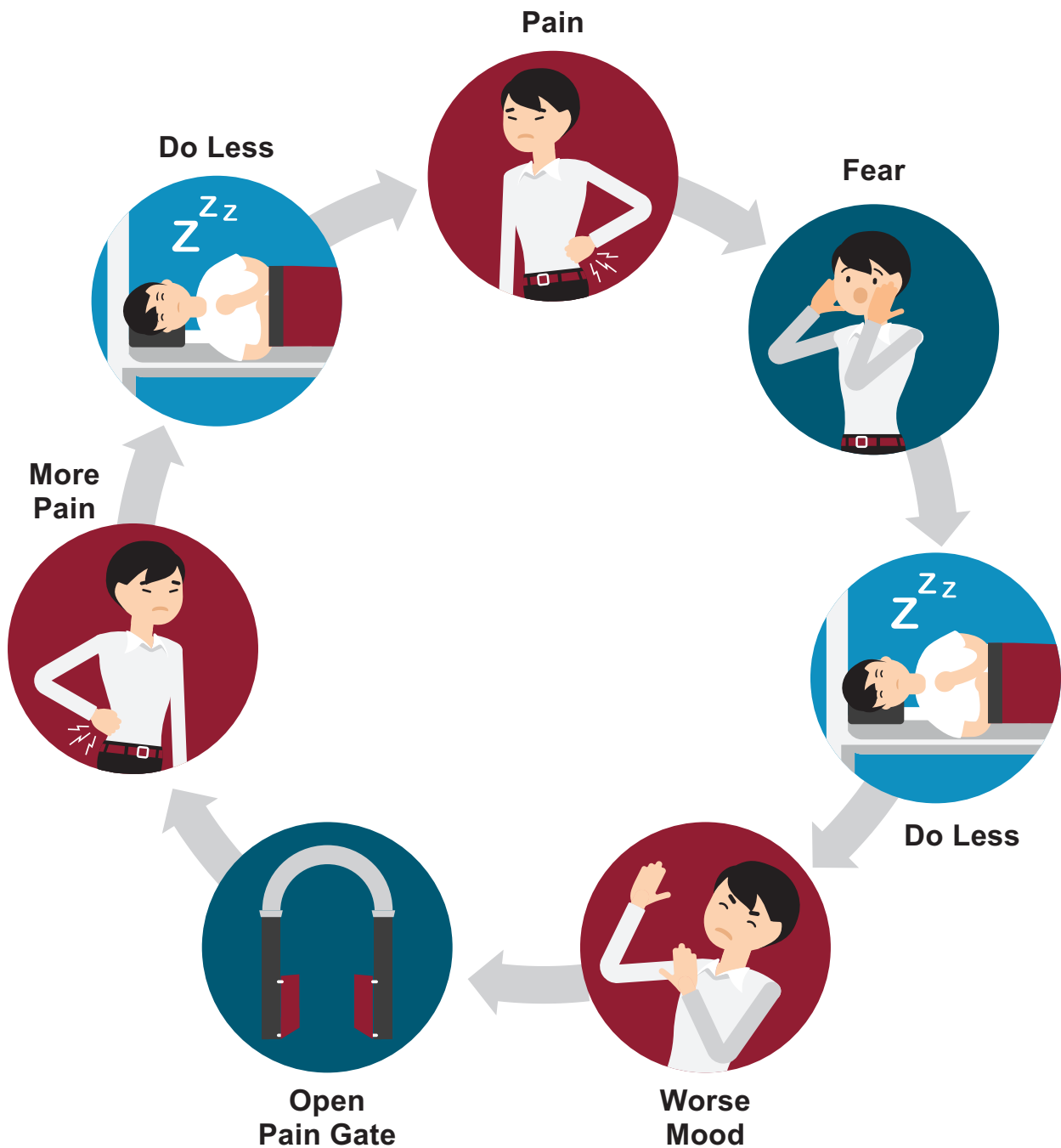
Pain Fact #7: **Fear of Pain Can Get in the Way of Physical Activity**



- At first resting can help us get better.
- Problems can happen when resting lasts too long.
- In what way does resting help you?

- In what way does resting hurt you?

Pain and Fear Cycle



Pros of Physical Activity

- Helps make muscles strong.
 - Strong muscles are like our shield and protect us:
 - by holding our bones and joints in place.
 - by keeping us stable and balanced
 - Weak muscles mean more pain because the muscles cannot support the bones and joints.
- Improves mood and may decrease pain.
- May help distract from pain.
- Helps you feel good about yourself.
- Fights depression.

Cons of Physical Activity

- It can be hard to find the time.
- It can be hard to get started.
- Can make you sore.
- If you do too much at once, it can open the pain gate and cause more pain.

Your Pain Toolbox



GATE CLOSER: Increasing Physical Activity

- Pacing your physical activities can help close the pain gate.
- Pacing means finding **balance** between activity and rest.
- Follow these steps to pace your physical activity:
 - Choose something that is simple and easy.
 - Break up your activity into small chunks – do one small part and then rest.
 - Check in with how your body feels.
 - If you feel good, do another part.
 - If you don't feel good, rest more before doing another part.
 - Keep doing the same thing each day for at least a week.
 - If you need to do less one day, that's ok, but move back to your goal when you can.
 - Increase your level of activity slowly.
 - Feel free to change to another activity for a change of pace.

Hints:

- Changes like these take time and practice – keep doing it!
- Setbacks are normal. Talking about the setbacks helps you get back on track.

What physical activities would you like to do this week?

When would you like to do your activity?

What are some roadblocks that might get in your way?

How will you work past the roadblocks?

Pain Fact #8: **Pain Can Get in the Way of Living the Life You Want to Live**



- When we are coping with chronic illness or pain, pleasant activities often get pushed aside for the “have to” activities.
- Even small, simple pleasures seem to get pushed aside when we’ve had pain for a long time.
- This can cause depression and open the pain gate.

GATE CLOSER: Doing More of What You Like to Do

- When we do the things we like to do, we feel better and our life has more meaning.
- We feel that we have more control over our life.
- This can help close the pain gate.
- What are some things you like to do?

- What are some things that you miss doing?


- Some pleasant activities we enjoyed once are no longer possible, but often, we can find a way to do the activity in a different way.

- What is an activity that you could do this week?

GATE CLOSER:
Warm and Heavy Relaxation

Your Weekly Pain Prescription



1. Listen to the Session 3 Tips for Discussion Group highlights. 
2. Use the **Warm and Heavy Relaxation** at least **3 times** this week.
3. Try pacing a physical activity at least **3 times** this week.
4. Try doing one small pleasant activity at least **3 times** this week.



How Can I Use What I Learned Today?

Take a couple of minutes to write 1-2 things that you learned today that you could use this week.



Week 3 Summary

Getting Active

What we learned in group this week:

- Pain Fact #7: Fear of Pain Can Get in the Way of Physical Activity
- Pain Fact #8: Pain Can Get in the Way of Living the Life You Want to Live
- You can help close the gate by doing more.
- Your Pain Toolbox
 - Gate Closer: Increasing Physical Activity
 - Gate Closer: Doing More of What You Like to Do
 - Gate Closer: Warm & Heavy Relaxation



Week 4

Pain and Your Emotions



Week 4 Goals

- Learn about the link between pain and emotions.
- Learn how to express your emotions to let go of them.
- Learn **Thoughts and Feelings Relaxation.**



Breathing Space Relaxation Exercise

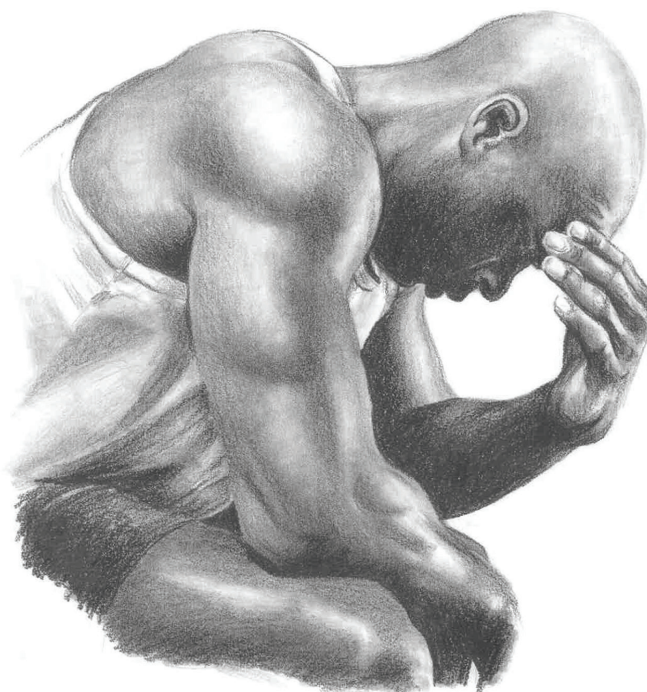
Your Pain Prescription from Last Week

- What was your experience with the Warm and Heavy Relaxation?
- What pleasant activities did you do or have scheduled?
- What physical activities did you do?
- How did you pace yourself?

Pain Fact #9: Pain and Emotions Are Related



- It is normal to have strong emotions when you are in pain.
- We might feel scared, hopeless, upset, angry, sad, or depressed.
- Sometimes we feel many emotions at the same time.
- **Emotions can open or close the pain gate!**
- Holding on to strong negative emotions can make our chronic pain worse.
- Emotions can come from how we **think** about a situation.
 - It can be helpful to feel these emotions.
 - BUT our emotions do not have to rule us!



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Emotions: Feeling Sad

- Many people with chronic pain feel sad about how pain has affected their lives.
- Feeling sad for a long time or very strong sadness can open the pain gate.
- For some, sadness can lead to depression.
- Depression is common for people with chronic pain.
 - About 2 out of every 5 people with chronic pain also have depression.
 - Everyone's depression looks different.
 - But, it is more than just feeling down or blue.
 - Depression can also look like losing interest in activities.



Emotions: Feeling Angry

- It is common for people with chronic pain to feel irritable or mad that they have pain.
 - We might feel angry at ourselves, others, events, or the world.
 - Sometimes, we get angry at ourselves. This can lead to feeling depressed.

- Strong anger, or holding on to anger for a long time can open the pain gate.
- People with anger might **lash out or snap** at others around them.
 - This can hurt family members, friends, or doctors who are trying to help us.
 - Lashing out might push others away and we might feel more lonely.
 - Feeling lonely or isolated for a long time can also open the pain gate.

Emotions: Feeling Scared

- People with chronic pain feel scared or worried about a lot of things.
 - It is common to be scared of having more pain.
 - Often people worry about hurting more if they are active.
 - Many people worry about how their lives will change because of pain.
 - This can cause many problems, such as avoiding physical activity and having trouble sleeping.
- Holding on to fear and worry for a long time can open the pain gate.



- Feeling scared or worried a lot can lead to **anxiety**.
- Anxiety might look different for each person.
 - When we are anxious, it can be very hard to control or stop our worry.
 - We might feel tense or tight in our muscles and bodies.



Your Pain Toolbox



GATE CLOSER: Coping with Strong Emotions

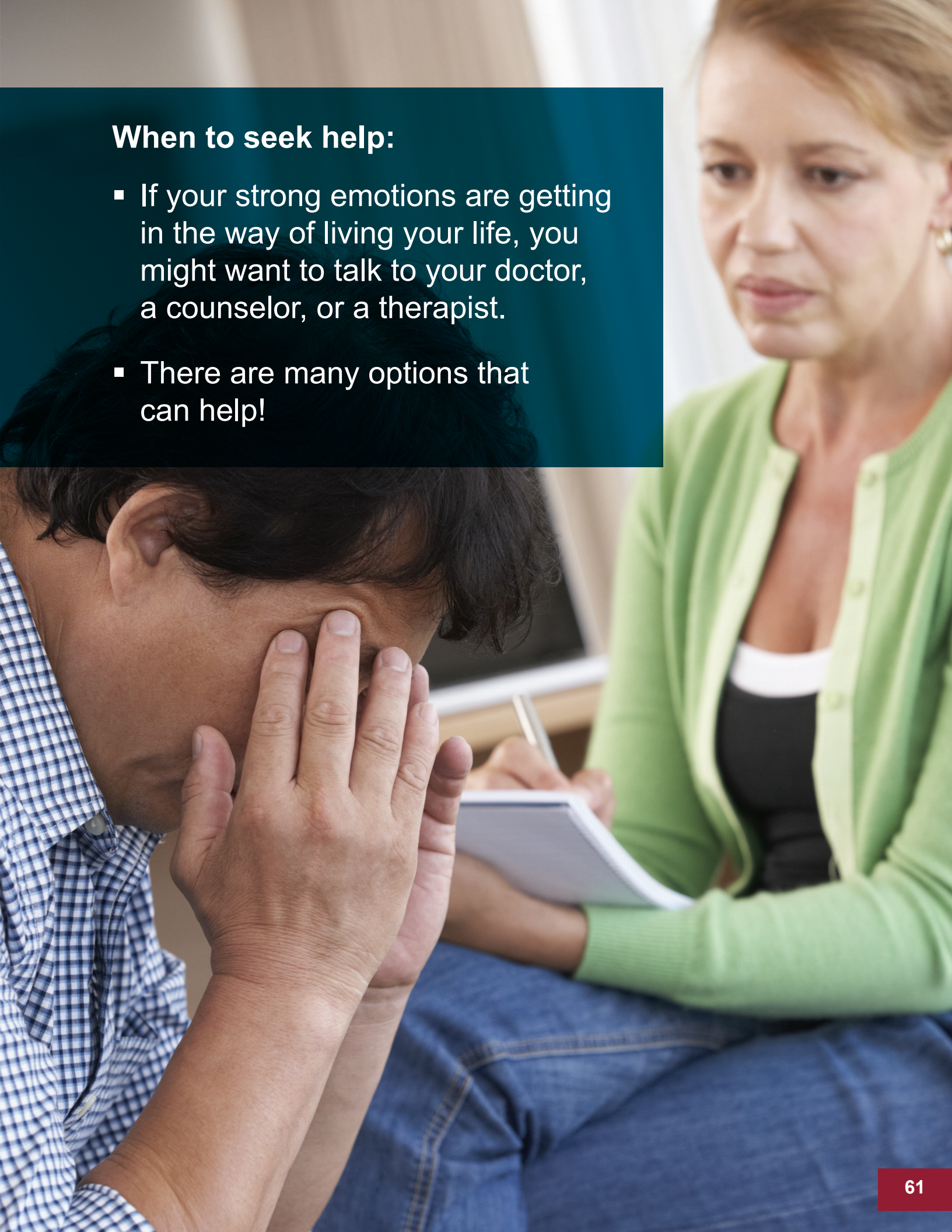
Helpful ways of coping (and closing the pain gate) when feeling sad, angry, or scared:

- Facing the things that **worry** or **scare** you
- Talking to someone
- Using your relaxation skills
- Physical activity
- Pleasant activity
- Crying can help you let go
- Taking a “time out” can help when feeling **angry**
- Therapy, counseling, and medicine can help
 - For many problems, therapy is a great option.
- Write about it! (more on that soon!)

You are in charge! You can do something! You can help close the pain gate!

When to seek help:

- If your strong emotions are getting in the way of living your life, you might want to talk to your doctor, a counselor, or a therapist.
- There are many options that can help!



Your Pain Toolbox



GATE CLOSER: Express Yourself

- There are 2 ways you can **Express Yourself** to figure out what you are feeling.
 1. You can **write** about your feelings and thoughts.
 2. You can **talk into a voice recorder or to yourself** about your feelings and thoughts.
- You can write or talk about **any** feelings or thoughts.
- We write (or talk) about our deepest thoughts and feelings:
 - to help learn about thoughts and feelings we might not know we had.
 - to help let strong feelings out.
 - to understand them in a different way.
 - to learn how to express these thoughts and feelings in a helpful way.
 - to keep from hurting or overwhelming ourselves or others.
 - to realize that **we have more control over thoughts and feelings than we think.**



Think about a situation that bothers you (past, present, or future) that might be helpful to write about. Take 10 to 15 minutes to write.

- The **Express Yourself** activity is **just for you** and no one else.
- If you get upset, you can change the subject, but keep writing or talking for **10 minutes**.
 - You are in charge of how you do it!
- When you are done writing or talking, you can do whatever you like with the paper or recording!
 - You can erase it, tear it up, throw it away, or even flush it down the toilet!
 - Or, you can keep it and read it later.
 - Do whatever feels right for you!




There is **no wrong way to do this activity!**

GATE CLOSER: Thoughts and Feelings Relaxation

Your Weekly Pain Prescription



1. Listen to the Session 4 Tips. 
2. Use the **Thoughts and Feelings Relaxation** at least **3 times** this week.
3. Do the **Express Yourself** activity at least **3 days** in a row.
 - Write or talk for at least 10 minutes each time.
 - You can write or talk more if you want to.



How Can I Use What I Learned Today?

Take a couple of minutes to write 1-2 things that you learned today that you could use this week.



Week 4 Summary

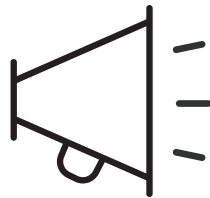
Express Yourself

What we learned in group this week:

- Pain Fact #9: Pain and Emotions Are Related
- Your Pain Toolbox
 - Gate Closer: Feeling and Coping with Strong Emotions
 - Gate Closer: Express Yourself
 - Gate Closer: Thoughts and Feelings Relaxation

Week 5

Stand Tall Talk



Week 5 Goals

- Learn how people talk to others in different ways.
 - Attack talk
 - Retreat talk
 - Stand Tall talk
- Learn how to use Stand Tall talk with “I”-messages.
- Learn the **Images Relaxation**.



Breathing Space Relaxation Exercise

Your Pain Prescription from Last Week

- What was your experience with the **Thoughts and Feelings Relaxation** practice?
- What did you notice about your emotions and pain?
- What was your experience with the Express Yourself activity?

Pain Fact #10: Pain Can Affect Your Relationships



- How does your chronic pain affect how you talk to others?

- How does your way of talking affect your relationships?




- How do your relationships affect your pain?

Pain Fact #11:

There Are Three Ways of Talking to Others



There are 3 basic ways of talking to someone.

Attack	Retreat	Stand Tall
		

1. Attack

- We talk without showing respect for others.
- Sometimes, we hurt their feelings or push them away.
- When we use **Attack** talk, others hear:



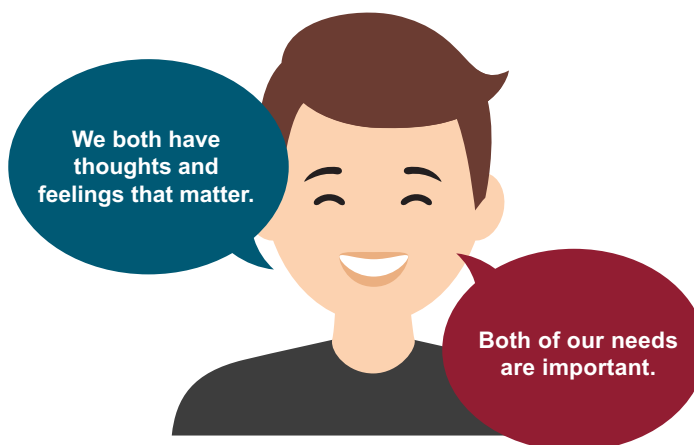
2. Retreat

- We hold back a lot of what we think and feel.
- We may not hurt others, but we hurt ourselves when we hide our needs.
- When we use **Retreat** talk, others hear:




3. Stand Tall

- We say what we think and feel in a clear way that shows respect for others and ourselves.
- We usually do not hurt others' feelings or push them away.
- When we use **Stand Tall** talk, others hear:



- How could **stand tall** help you?

- When could you want to use **stand tall** talk?

- 
- Stand Tall talk helps you ...
 - express what you think and feel in a respectful way.
 - ask for what you need or want.
 - say “No” to something you do not want.
 - feel more in control of yourself and in charge of your own emotions.

Your Pain Toolbox



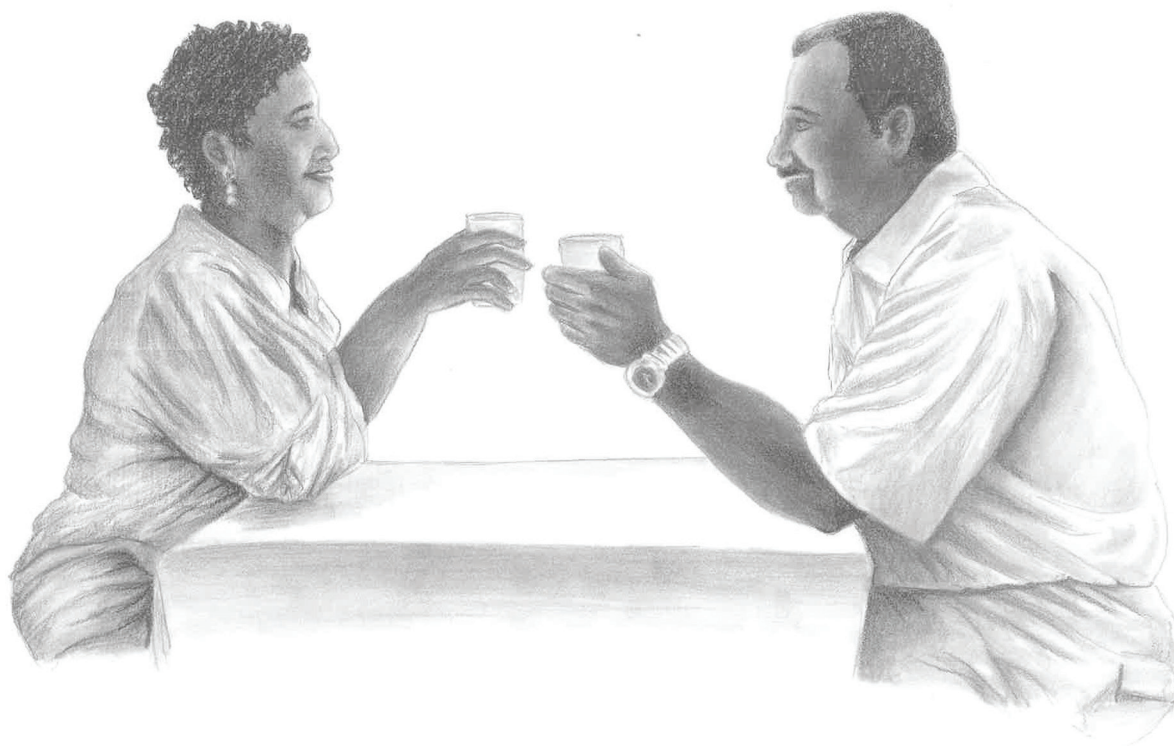
GATE CLOSER: Stand Tall Talk

Before Talking: **Plan What You Want to Say**

- You have the right to ask for what you want.
- Think about what you want to say ahead of time.
- Pick a good time and place to meet and talk with the other person.
- What do you want to say to the other person? (You might want to write it down.)

Using “I” statements

- **“I”** statements make it easier for others to listen to you.
- **“You”** statements turn other people off.
- Examples:
 - I would like your help with the dishes.
 - I need to take some time for myself.
 - I don’t want to do that.
 - When we get a late start, I feel upset.



JK Davis 10

Four Steps to Stand Tall Talk with “I” Statements

STEP 1: Tell the problem in a simple, direct way.

- Talk about only one situation at a time.
- Don't say you're sorry for speaking up.
- Don't complain, blame, or insult.

Example: When you ask me to watch your kids at the last minute ...

STEP 2: Say how you feel when the problem happens.

- Say how you feel, but ...
- Don't blame another person for how you feel!
 - Don't say “You made me feel ...”

Example: ... I feel like my needs do not matter to you.

STEP 3: Tell the other person what you want.

- Keep it simple and be specific.
- Ask for one thing at a time.
- Don't order the person around.

Example: I would like you to ask me at least the day before.

STEP 4: Say how this will help both of you.

- Talk about how this will help your relationship.
- Talk about how this will make you feel better.
- Don't talk about what you will do if they ignore you.

Example: This will let me know you care about my feelings and I can be helpful to you.

Putting it All Together

What to Say: (1) When you ask me to watch your kids at the last minute, (2) I feel like my needs do not matter to you. (3) I would like you to ask me at least the day before. (4) This will let me know you care about my feelings and I can be more helpful to you.

Extra Tip: How to say “No” with respect.

- Say No in a polite, simple and direct way.

What to Say:



“No, thank you.”

“No, I am not interested.”

“No, I am not able to do that.”

What NOT to Say:



“Why do you always ask me to do things you know I cannot do?”

“You know I have a bad back! You must be getting some kind of pleasure out of seeing me suffer!”

Other Tips on Stand Tall talk

- Stand Tall talk is not mean or selfish.
- Stand Tall talk can be a big change for others and it might take time for them to get used to it.
 - You might need to repeat yourself using Stand Tall talk.
 - Over time, most people respond well to Stand Tall talk.
- Even if they don't get what they want, most people feel better about themselves when they use Stand Tall talk.
- Learning to use Stand Tall Talk takes practice.
- You can use Stand Tall talk with friends, family, and even health care workers.


Tips for Using Stand Tall Talk with Health Care Workers

- Always try to use Stand Tall talk instead of Retreat or Attack talk.
- **Think ahead**
 - What do I want from this visit?
- **Get organized**
 - Make a list of questions before your visit to ask for what you want and need.
 - Take a list of all your medicines with you to help your health care worker understand how to help you best.
- **Ask questions**
 - Repeat back what you heard your health care worker say to make sure you understand.

GATE CLOSER:
Images Relaxation

Your Weekly Pain Prescription



1. Listen to the Session 5 Tips. 
2. Use the Images relaxation skill at least **3 times** this week.
3. Try using stand tall talk at least **3 times** this week.
 - Practice what you want to say and how you want to say it.
 - Afterwards, think about how it went. Try to remember the details so you can tell us about it next week.



How Can I Use What I Learned Today?

Take a couple of minutes to write 1-2 things that you learned today that you could use this week.



Week 5 Summary

Stand Tall Talk

What we learned in group this week:

- Pain Fact #10: Pain Can Affect Your Relationships
- Pain Fact #11: There Are Three Ways of Talking to Others
- Your Pain Toolbox
 - Gate Closer: Stand Tall Talk
 - Gate Closer: Images Relaxation

Week 6

Thoughts That Work Against You



Week 6 Goals

- Learn how helpful and unhelpful thoughts affect us.
- Learn about the types of unhelpful thoughts.
- Learn to notice changes in mood and thoughts.
- More practice with **Thoughts and Feelings Relaxation**.



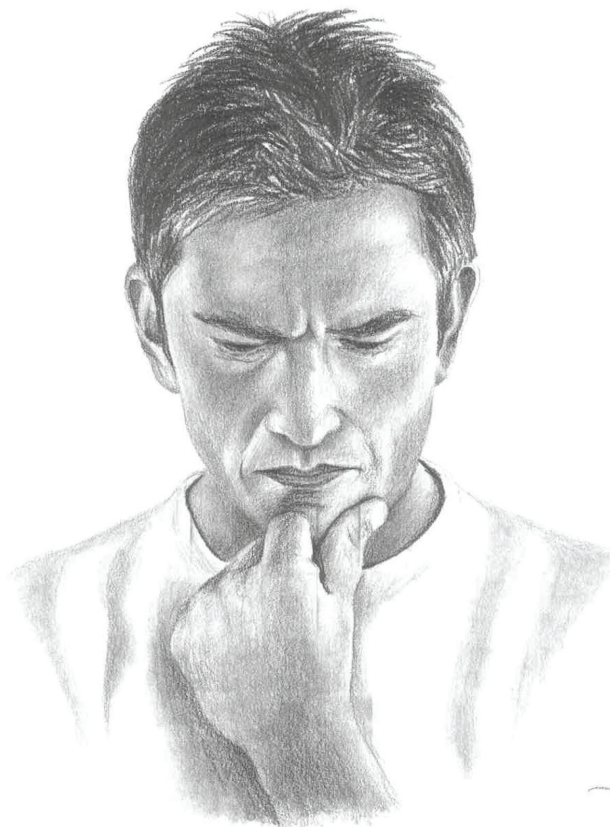
Breathing Space Relaxation Exercise

Your Pain Prescription from Last Week

- What was your experience with the **Images Relaxation** practice?
- What was your experience with **Stand Tall talk**?



Why Look at Thoughts?

- Pain can affect our Bodies, Emotions, **Thoughts**, and Actions.
- Our thoughts can have a big impact on our lives.
- Our thoughts affect how we feel and what we do.
- Sometimes we don't notice our thoughts, but they still affect us.
- Paying attention to our thinking can help us change the way we think, which can change the way we feel and how we act.

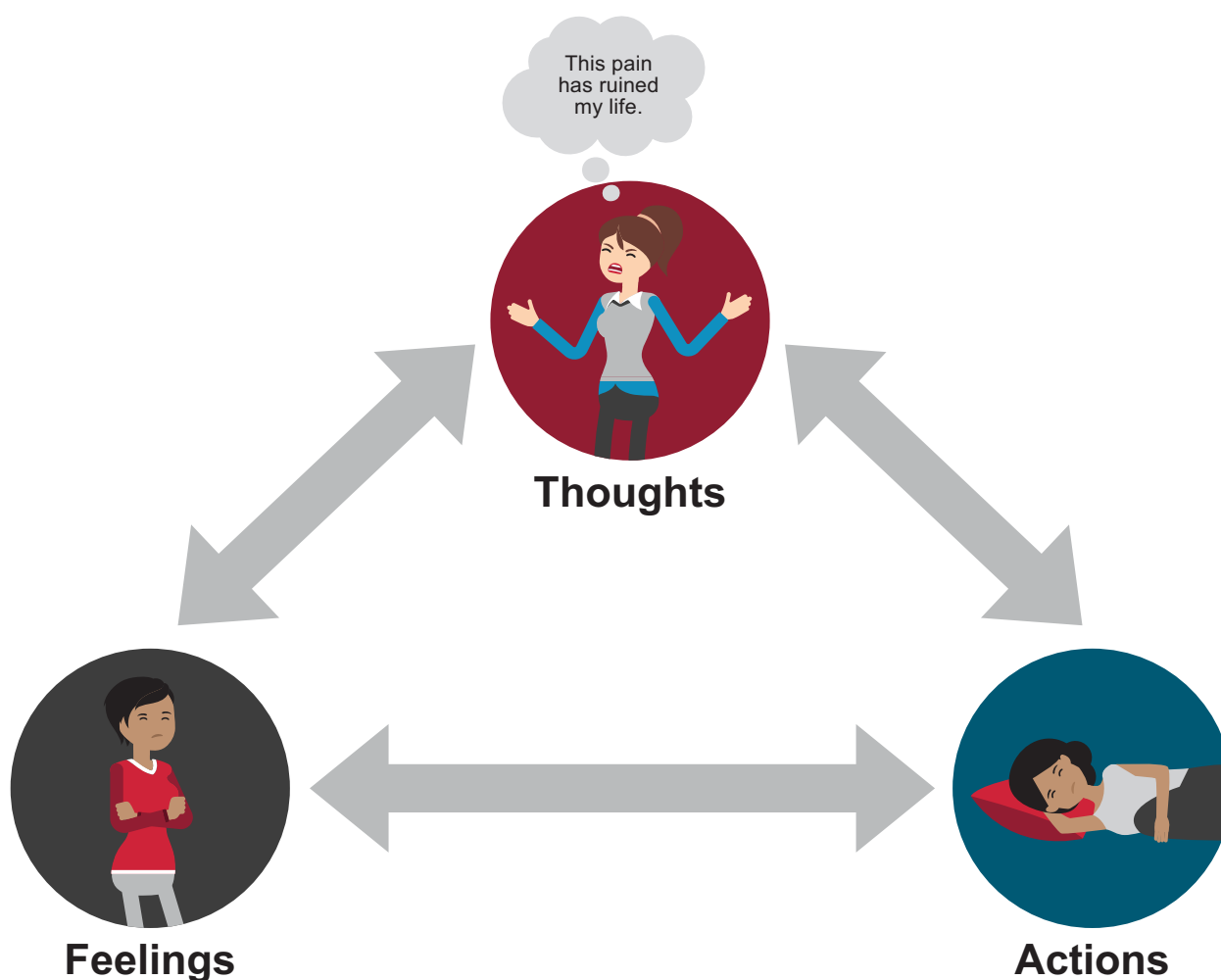


Pain Fact #12: Your Thoughts Affect Your Pain



- **Unhelpful thoughts** are thoughts that work **against** us. They make us feel bad, make us stop doing things we want to do, and make our pain worse.
 - Seeing stress as a threat or a loss can lead to even more unhelpful thoughts.
 - Unhelpful thoughts can open the pain gate.
- **Helpful thoughts** are thoughts that work **for** us. They can make us feel good, help us do things we want to do, and make our pain better.
 - Seeing stress as a challenge can lead to other helpful thoughts.
 - Helpful thoughts can close the pain gate.
- **Unhelpful thoughts** about our pain or stress:
 - can be completely true, partly true, or not true at all.
 - can make us focus on the bad over the good.
 - can lead us to think about our pain nearly all the time.
 - can make us feel like things are much worse than they are.
 - can also make us feel **helpless** and **out of control** of our pain.
 - can make the pain worse by opening the pain gate.
 - can have very harmful effects on our emotions, our bodies, and our actions.

Pain Fact #13: Thoughts, Feelings, and Actions Affect Each Other



Types of Unhelpful Thoughts

- Unhelpful thoughts often happen in times of stress.
- Unhelpful thoughts can be simple statements, rules, or beliefs.
- We don't usually notice when we think these thoughts, but they can still have a big effect on us.
- **Simple statements** can happen so fast that we don't notice them.
 - **Example:** "I'll never be able to work again."
- **Rules** are thoughts about how things are **supposed to be**.
 - **Example:** "I should bring home a paycheck."
- **Beliefs** are thoughts we hold very strongly. They shape our other thoughts.
 - **Example:** "I am worthless."

**Carrying around
these thoughts
is a little like
being weighed
down by heavy
bags!**



What kind of Unhelpful Thoughts do you carry around?

Your Pain Toolbox




GATE CLOSER: Noticing Unhelpful Thoughts

- Practice noticing your thoughts and whether a certain thought works for you or against you.
 - Start by remembering a stressful situation you were in.
 - What was happening?
 - Did you view the situation as a threat, a loss, or a challenge?
 - What were your feelings (emotions)?
 - How did you react (actions)?
 - What thoughts did you have?
 - Did these thoughts work for you or against you?

GATE CLOSER: Thoughts and Feelings Relaxation

Your Weekly Pain Prescription



1. Listen to the Session 6 Tips. 
2. Practice any relaxation skill at least **3 times**.
3. Pay attention to changes in your mood or emotions. Try to notice what you were thinking at that time. Bring some examples that you want to share next week.



How Can I Use What I Learned Today?

Take a couple of minutes to write 1-2 things that you learned today that you could use this week.



Week 6 Summary

Thoughts That Work Against You

What we learned in group this week:

- Pain Fact #12: Your Thoughts Affect Your Pain
- Pain Fact #13: Thoughts, Feelings, and Actions Affect Each Other
- Your Pain Toolbox
 - Gate Closer: Noticing Unhelpful Thoughts
 - Gate Closer: Thoughts and Feelings Relaxation

Week 7

Making Your Thoughts Work for You



Week 7 Goals

- Learn more about how you think.
- Learn to recognize Red Flag Thoughts.
- Learn how to change unhelpful thoughts to more helpful thoughts.
- More practice with **Thoughts and Feelings Relaxation**.



Breathing Space Relaxation Exercise

Your Pain Prescription from Last Week

- What was your experience with the **Relaxation** practice?
- What **unhelpful thoughts** did you notice?

Pain Fact #14: Thoughts and Facts Are Different



- A thought is just an idea.
- Just because we have a thought doesn't make it true.
- Sometimes we believe things that are not true.
- Sometimes thoughts are partly true and partly false.
- Our thoughts are not set in stone.
- We can change our thoughts to be more helpful.



Helpful and unhelpful thinking habits

- We all have helpful and unhelpful habits.
- Our thoughts can become habits too.
- Remember, unhelpful thinking habits can open the pain gate.
- Unhelpful thinking habits include:
 - Thinking that things are worse than they really are.
 - Getting stuck thinking about the negatives.
 - Thinking about the worst thing that could happen.
 - Thinking there is nothing you can do to help yourself.
- These unhelpful thinking habits can snowball into stronger and more negative thoughts.
- Luckily, we can change these thinking habits!
- Learning to change your unhelpful thoughts can close the pain gate.





Red Flag Words

- One way to change our thinking is to look out for **Red Flag Words**.
- Red Flag Words are words that are extreme.
- Words like **always**, **never**, **every**, **no one**, and **all the time** are Red Flag Words.
- Red Flag Words can also be words like **must**, and **should**.
- Pay attention to these words when you hear yourself use them. They are often part of unhelpful thoughts.

Change the Red Flag Word to change these thoughts to something less extreme. Using “some” or “sometimes” usually works.



Example:

Instead of: “**No one** loves me!” ...

Try: “**Some people** may not like me, but **some people** love me.”



Example:

Instead of: “I **always** screw **everything** up!” ...

Try: “I screw **some things** up, but I **get some things right.**”



Example:

Instead of: “I **must** cook dinner for my family every night.”...

Try: “**Sometimes** I can cook dinner for my family and **some nights I cannot.**”

Your Pain Toolbox



GATE CLOSER: Changing Unhelpful Thoughts

You have learned how to notice your thoughts. Now, we're going to learn how to **Change Unhelpful Thoughts**.

- **Step 1:** Notice your **unhelpful thoughts**.
 - Remember you can use the situation, your emotions, or your actions to help you notice your thoughts.
- **Step 2:** Act like a jury for your thoughts.
 - Ask yourself, “What is the evidence **that this is true?**”
 - Then ask yourself, “**What is the evidence that this is not true?**”
 - What do you decide? What’s the verdict?
- **Step 3:** Come up with a more helpful thought.
 - Usually, these thoughts are more **real** and more **positive**.



Example #1

- **Step 1:** My thought: “If I exercise, I’m going to hurt myself.”
- **Step 2:** Evidence:
 - **True:** I feel sore when I exercise.
 - **Not True:** Feeling sore is not the same thing as hurting myself.
- **Step 3:** New thought: “If I go for a walk, I may feel sore later, but it will help me get stronger and manage my pain.”

Example #2

- **Step 1:** My thought: “There’s nothing I can do to make my pain better.”
- **Step 2:** Evidence:
 - **True:** My pain medicine doesn’t work any more.
 - **Not True:** I am learning new ways to manage my pain better.
- **Step 3:** New thought: “I will have good days and bad days, but I am learning how to help myself cope better.”

Hints:


- Practice thinking the new thought instead of the original thought. Over time, the old thought will get weaker or change.
- When you practice Helpful Thoughts, they can become your new thinking habits.

- As you think more Helpful Thoughts, you will begin to feel better, be more active, and hurt less.
- It can take a little while to get the hang of this, so be patient with yourself!
- Just keep trying and you will start to see the results.

GATE CLOSER:
**More Practice with Thoughts
and Feelings Relaxation**

Your Weekly Pain Prescription



1. Listen to the Session 7 Tips. 
2. Practice **any Relaxation** skill at least **3 times** this week.
3. When you notice an Unhelpful Thought, practice the steps of changing it to a more Helpful Thought. Do this at least **3 times** this week.



How Can I Use What I Learned Today?

Take a couple of minutes to write 1-2 things that you learned today that you could use this week.



Week 7 Summary

Making Your Thoughts Work For You

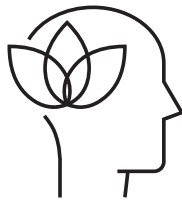
What we learned in group this week:

- Pain Fact #14: Thoughts and Facts Are Different
- Your Pain Toolbox
 - Gate Closer: Changing Unhelpful Thoughts
 - Gate Closer: Thoughts and Feelings Relaxation



Week 8

Master Your Thoughts to Manage Your Pain



Week 8 Goals

- Learn about the thoughts that really hook you.
- Learn how to Change Deep Beliefs.
- Learn how to Act As If.
- Learn how to use Coping Statements.
- More practice with **Thoughts and Feelings Relaxation.**



Breathing Space Relaxation Exercise

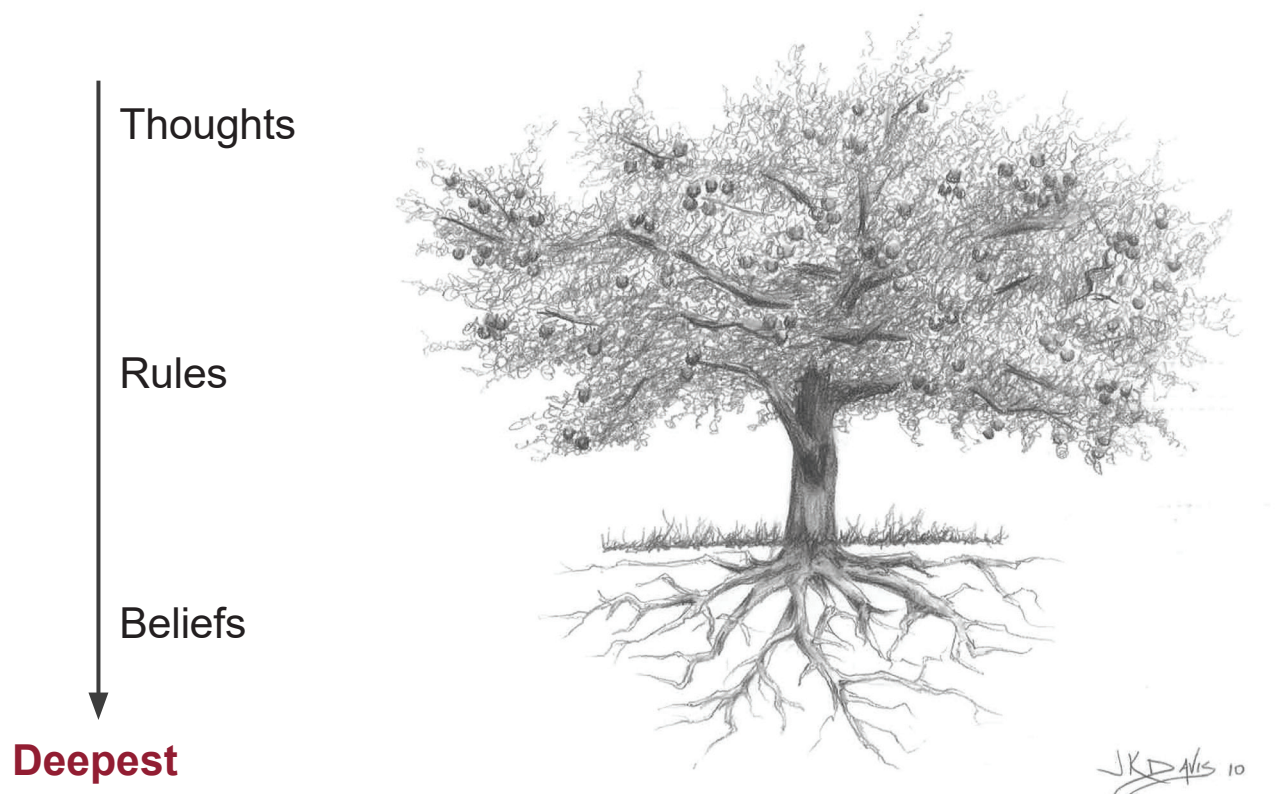
Your Pain Prescription from Last Week

- What was your experience with the **Relaxation** practice?
- What was your experience with the Changing Unhelpful Thoughts exercise?

Pain Fact #15: Rules and Deep Beliefs Can Really Hook You



- Not all thoughts have the same strength.
 - Some can be changed with a little effort.
 - Others, like **Rules** or **Beliefs**, take time and effort to change.
- **Rules** are strong thoughts about how you, others, or the world, **should** be.
 - **They** include words like “supposed to,” “should,” “must,” and “ought to.”
 - Often, we have learned **Rules** from other people.



- **Beliefs** are really strong thoughts that are rooted deep inside us.
 - They tell us how much we value ourselves.
 - Sometimes **Beliefs** are positive and helpful.
 - **Example:** “I’m a good parent.”
 - Sometimes **Beliefs** are negative and unhelpful.
 - **Example:** “I’m a bad person. No one can love me.”
 - Like the roots of a tree, strong negative Beliefs can be hard to change.
- When you are stressed, **Rules** and **Beliefs** can be especially negative.
 - This can lead to even more negative emotions and thoughts, to feel more pain, and to do less.
 - They can open the Pain Gate.
- When we change our **Deep Beliefs**, we also change the **Rules, Simple Statements**, and other thoughts that grow from them.
- These **Deep Beliefs** might take extra work to change, but you **can** change them. Here’s how:

Your Pain Toolbox



GATE CLOSER: Changing Deep Beliefs

Name one unhelpful Deep Belief you have.

- For example, a common belief of people with chronic pain is **“I am damaged goods.”**

How does it hurt you to buy into this unhelpful belief?

- What thoughts do you have?
- What emotions do you feel?
- What actions do you take?
- What does it do to your pain?

How would things be different if this belief was not true?

- **What actions would you take?**
- What thoughts would you have?
- What emotions would you feel?
- What would it do to your pain?

This week, try out “Acting As If” the unhelpful deep belief is not true.

- Pay attention to your thoughts, emotions, and pain when you Act As If the Deep Belief is not true.
- Changing our actions can help us change our thoughts, emotions, and pain.

GATE CLOSER: Using Coping Statements

- **Coping Statements** are your personal cheerleaders.
- They are positive statements about you and what you can do.
- They can improve your mood so you feel more hopeful.
- They can help you:
 - create new, more helpful **Deep Beliefs**.
 - For example, instead of: “**I am a disabled chronic pain patient,**”
how about: “**I am a well person with pain.**”
 - close the Pain Gate.
 - cope with your pain.
 - feel more in control of your life.
 - believe in yourself.
 - live better with your pain.

- If you are having trouble coming up with a coping statement, think about what a good friend would say about you.
- **Coping Cards** are Coping Statements, that you write on small cards.
 - The messages have positive, real, helpful statements on them.
 - You can carry them around so that you always have them near you.
- To create Coping Cards:
 - Write your own Coping Statements on a card.
 - Or, use one of the statements in the list below. Pick statements that are especially strong for you when you read them.

Coping Statements

- **“I am a well person with pain.”**
- “I am brave and strong even with my pain.”
- “I am not my pain.”
- “I have pain but I’m still a whole person.”
- “I will not let my pain stand in the way of what I need to do.”
- “I can still do things. I just need to do them differently.”
- “This too shall pass.”
- “Relaxation helps ease my mind and my pain.”


- “I might not be able to get rid of my pain, but there are things I can do to make it better.”
- “Even when I am in pain, I can use my breath to relax.”
- “Self-care is not self-ish.”

Carry your Coping Cards around with you to remind you of your new, more helpful thoughts, Rules, or Beliefs.

**GATE CLOSER:
More Practice with Thoughts
and Feelings Relaxation**

Your Weekly Pain Prescription



1. Listen to the Session 8 Tips. 
2. Practice any relaxation skill at least **3 times** this week.
3. When you notice an unhelpful Deep Belief:
 - Ask yourself how the belief hurts you.
 - Act As If the belief is not true.
 - Do this at least **3 times** this week.
4. Make at least 3 Coping Cards and carry them with you.



How Can I Use What I Learned Today?

Take a couple of minutes to write 1-2 things that you learned today that you could use this week.



Week 8 Summary

Master Your Thoughts to Manage Your Pain

What we learned in group this week:

- Pain Fact #15: Rules and Deep Beliefs Can Really Hook You
- Your Pain Toolbox
 - Gate Closer: Changing Deep Beliefs
 - Gate Closer: Using Coping Statements
 - Gate Closer: Thoughts and Feelings Relaxation

Week 9

Get Better Sleep



Week 9 Goals

- Learn how sleep fits into health.
- Learn about sleep and sleep problems.
- Find out about good sleep habits.
- Learn **Deepening Relaxation** for sleep.



Breathing Space Relaxation Exercise

Your Pain Prescription from Last Week

- What was your experience with the Relaxation practice?
- What was your experience working on Deep Beliefs?
 - What was your experience with Acting As If?
 - What Coping Statements did you come up with?

Why Is Sleep Important?

- When we get good sleep, we feel better and do better.
- Good sleep improves pain.
- Poor sleep leads to a lot of problems, like ...
 - feeling tired during the day.
 - feeling sleepy all the time.
 - problems thinking.
 - having a bad temper.
 - trouble keeping our minds on what we are doing.
- Problems with sleep can affect our relationships and daily activities, too.



Kinds of Sleep Problems

- Problems falling asleep
- Problems staying asleep
- Problems waking up too early
- Problems falling back to sleep

Do you have sleep problems? What kind?

Pain Fact #16: **Sleep Affects Your Pain and Your Health**



- We need around 7-9 hours a night.
- Different people have different needs for sleep.
- Normal sleep follows a regular pattern. Normal sleepers ...
 - fall asleep in less than 15 minutes.
 - wake up as many as 6 times and go back to sleep quickly without much trouble.
 - wake up in the morning feeling rested and alert.
- During the night, it is normal to have times when you are sleeping deeply and times when you are awake.
- The need for sleep gets less as a person gets older.
- We need good sleep for the brain to work well and for the body to feel well rested!
- Many people use sleeping pills, but they have side effects and should not be used all the time.
 - If you use sleeping pills or other medicines to help you sleep, make sure you talk to your doctor.

- Using nicotine (cigarettes, snuff, chew), caffeine (coffee, colas, tea), or alcohol (beer, wine, liquor) near bedtime can hurt your sleep.
- The harder you try to **force** yourself to sleep, the harder it is to fall sleep.



Your Pain Toolbox



GATE CLOSER: Better Sleep for Better Health!

Before you sleep

- ✓ **DO** get regular physical activity in the morning or afternoon (not at night).
- ✓ **DO** establish regular bedtime habits (brush teeth, wash face, read lightly).
- ✗ **DON'T** take naps after lunchtime.
- ✗ **DON'T** drink alcohol close to bedtime.
- ✗ **DON'T** drink caffeine after lunchtime. (Caffeine is found in coffee, tea, colas, and chocolate.)
- ✗ **DON'T** eat a large meal late in the day.
- ✗ **DON'T** try to solve emotional topics or problems right before bed. If you can't help it, try the **Express Yourself** tool.

When you sleep

- ✓ **DO** use your relaxation skills to help calm your body and mind before sleep.
- ✓ **DO** go to bed only when you are tired, but wake up at the same time each day.
 - You don't need to sleep extra for one bad night of sleep.
- ✓ **DO** get as much sleep as you need to feel rested.
 - This will be different for everyone, but is usually 7-9 hours.
- ✓ **DO** talk to your doctor about how to avoid taking sleep medicines for a long time.
- ✗ **DON'T** work, watch TV, use your cell phone, or eat in bed.
- ✗ **DON'T** stay in bed if you can't sleep.
 - If you are awake for a while, get out of bed and do something else, like read a magazine.
 - Use only dim lights during this time.
 - Then, return to bed when you start to feel sleepy again.
- ✓ **DO** get bright sunlight as soon as you wake up, if possible.


Where you sleep

- ✓ **DO** sleep in a dark, quiet, relaxing, and cool (not cold) room.
- ✓ **DO** sleep in a bed that is comfortable for you.
- ✗ **DON'T** have a TV, radio, or computer in your room.

GATE CLOSER: Deepening Relaxation

Your Weekly Pain Prescription

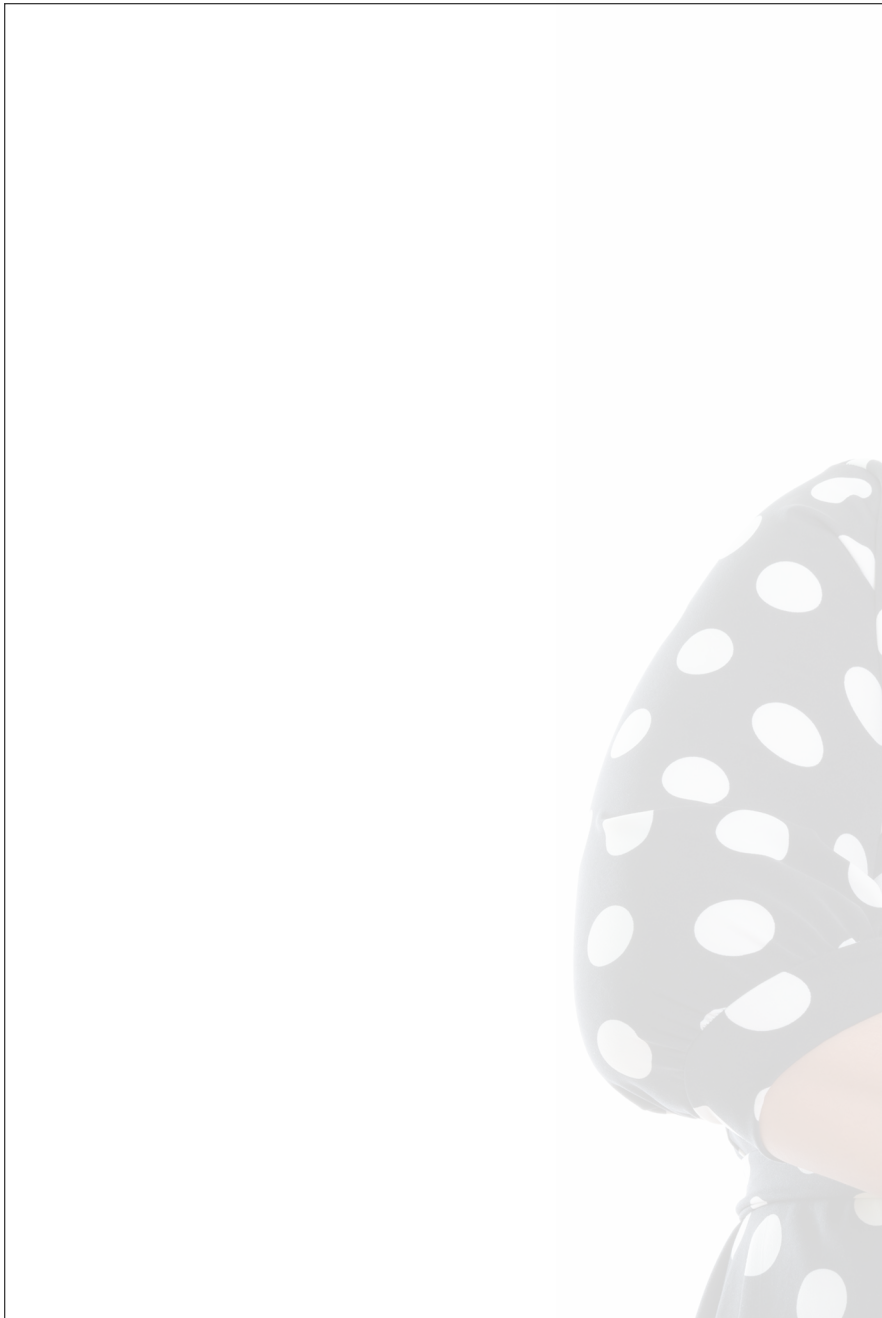


1. Listen to the Session 9 Tips. 
2. Practice the **Deepening Relaxation** for sleep **3 times** this week.
3. Pick **3 habits for sleep** that you are not doing right now.
 - Pick new habits you know you can do.
 - Do each of the three habits every night this week.



How Can I Use What I Learned Today?

Take a couple of minutes to write 1-2 things that you learned today that you could use this week?



Week 9 Summary

Get Better Sleep

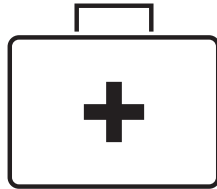
What we learned in group this week:

- Pain Fact #16: Sleep Affects Your Pain and Your Health
- Your Pain Toolbox
 - Gate Closer: Better Sleep for Better Health
 - Gate Closer: Deepening Relaxation



Week 10

Your Pain Coping Toolbox



Week 10 Goals

- Review the tools in your toolbox.
- Talk about how you will continue to take control of your pain management.
- Make plans to cope with setbacks and prepare for successes.
- Give feedback about how the group has been for you.



Breathing Space Relaxation Exercise

Your Pain Prescription from Last Week

- What was your experience with the **Deepening Relaxation** for Sleep?
- What **three habits for sleep** did you choose to change? What was your experience?

Your Pain and Coping Toolbox!

Congratulations!

You have reached the final week of the groups.

Let's review the Pain Coping Tools you have learned and how you use them.



Review

- Pain is real.
- Pain and stress are related, so lowering your stress can also improve your pain.
- The brain decides when you are in pain.
- Our thoughts, feelings, actions, and stress can open or close a gate that can make us feel more pain or less pain.
- The more we use the tools we have learned, the better we will be at taking control of our pain, our mood, and our lives.
- The most important tools are **The Gate Closers.**



GATE CLOSER: **Relaxation**



- Relaxation reduces stress and pain so you can be more calm and peaceful.
- Practice relaxation every day to have more control over your pain.
 - You might even find that you use less medicine for your pain.

Try any of these relaxation exercises:

- Breathing Space Relaxation (Week 2)
- Warm and Heavy Relaxation (Week 3)
- Thoughts and Feelings Relaxation (Week 4)
- Images and Relaxation (Week 5)
- Deepening Relaxation (Week 9)

GATE CLOSER: **Increasing Physical Activity** **(Week 3)**



- It is common to feel scared about being active.
- It is important to be active, despite the pain, to better manage pain and improve your mood.
- Pacing yourself will help increase your physical activity.

GATE CLOSER:

Doing More of What You Like to Do (Week 3)



- When we have pain, pleasant activities are often pushed aside.
- It is important to do the things we like to do, despite the pain, to feel better and enjoy our lives.
- We can learn new ways to do the things we enjoy.

GATE CLOSER:

Coping with Strong Emotions (Week 4)



- Having strong feelings is part of coping with pain.
- Coping with strong emotions in helpful ways improves mood and pain and helps you feel more in control.
- We have learned many ways to help us cope with strong emotions. Here are a few:
 - Facing the things that worry or scare you
 - Talking to someone
 - Crying can help you let go
 - Taking a “time out” can help when feeling angry
 - Therapy, counseling, and medicine can help when strong emotions are getting in the way of living your life.

GATE CLOSER:

Express Yourself (Week 4)



- Writing or talking about our deepest thoughts and feelings can help us understand them better.
 - It can also help us let go of strong thoughts and feelings we might be holding onto.
- Using the Express Yourself tool can help you learn how to express strong thoughts and feelings in a helpful way.
 - This might help us realize that we have more control over thoughts and feelings than we think.
- A great time to use this tool is when you are feeling confused or overwhelmed by thoughts or feelings.

GATE CLOSER:

Stand Tall Talk (Week 5)



- There are three styles of talking to others: Retreat, Attack, and Stand Tall talk. Each has pros and cons.
- Stand Tall talk helps you say exactly what you **need**, **feel**, and **want** (or **don't want**) in a direct and respectful way.
- Try to use “I”-statements with your Stand Tall talk.
- Remember to plan what you are going to say!
- You can also use Stand Tall talk with health care workers.

GATE CLOSER: **Noticing Unhelpful Thoughts** **(Week 6)**



- Thoughts, feelings, and actions all affect each other.
- Unhelpful thoughts work against us and make our pain worse.
- Unhelpful thoughts can be simple statements, rules, or beliefs.
- Seeing stress as a threat or a loss can lead to even more unhelpful thoughts.
- Noticing what we think in the moment can help us see when our thoughts are helping or hurting us.

GATE CLOSER:

Changing Unhelpful Thoughts (Week 7)



- Our ideas are not set in stone.
- After noticing an unhelpful thought, you can change the thought to something that works better for you.
- Changing unhelpful thoughts might improve mood and pain.
- Look out for **Red Flag Words**, like **always**, **never**, **every**, **no one**, **all the time**, **must**, and **should**.
 - Try changing these **Red Flag Words** to less extreme words, such as **some** or **sometimes**.
- Be the Jury for your thoughts by looking at the evidence for and against them.
- Change the thought to something a little more positive and real to make the thought more helpful to you.

GATE CLOSER: **Changing Deep Beliefs (Week 8)**



- Like the roots of a tree, Deep Beliefs can be hard to change.
- When we change Deep Beliefs, we can also change the Rules, Simple Statements, and other thoughts that grow from them.
- To change deep beliefs that really hook you ...
 - ask yourself how the belief hurts you.
 - Act As If the belief is not true.

GATE CLOSER: **Using Coping Statements (Week 8)**



- Coping statements are positive statements about you and what you can do.
- They can help you create new Deep Beliefs, improve your mood, and feel less pain.
- Sometimes it is helpful to think about what a friend would say about you.
- You can carry around coping statements on cards to remind yourself of these more positive, real, and helpful thoughts.

GATE CLOSER:

Better Sleep for Better Health (Week 9)



- Sleep is a very important part of your health and happiness.
- It is common for people with chronic pain to have sleep problems.
- Good sleep habits can help you sleep better without using sleep medicine.
- ✓ Use relaxation practice to sleep better.
- ✓ Go to bed only when you are tired, but wake up at the same time each day.
- ✗ **DON'T** drink caffeine after lunchtime.
- ✗ **DON'T** take naps after lunchtime.
- ✗ **DON'T** stay in bed if you can't sleep.
- ✗ **DON'T** work, watch TV, use your cell phone, or eat in bed.

Pain Fact Sheet

Week 1

- #1** Chronic Pain and Short-Term Pain Are Different
- #2** Stress and Pain Are Related
- #3** The Stress Response Has Four Parts
- #4** How We Think About Stress Matters

Week 2

- #5** The Brain Decides When You Are in Pain
- #6** Brain Signals Open or Close a Pain Gate

Week 3

- #7** Fear of Pain Can Get in the Way of Physical Activity
- #8** Pain Can Get in the Way of Living the Life You Want to Live



Week 4

#9 Pain and Emotions are Related

Week 5

#10 Pain Can Affect Your Relationships

#11 There are Three Ways of Talking to Others

Week 6

#12 Your Thoughts Affect Your Pain

#13 Thoughts, Feelings, and Actions Affect Each Other

Week 7

#14 Thoughts and Facts are Different

Week 8

#15 Rules and Deep Beliefs Can Really Hook You

Week 9

#16 Sleep Affects Your Pain and Your Health

Practice and Use New Ideas and Skills in Everyday Life

- You now have some tools to help you manage pain better.
- Practice these new ideas and skills to get good at them.
- Use your workbook often to read about the ideas and skills you learned during the group.
- Use your Tips CDs and Relaxation CDs.
- It is normal to forget to use these skills at first.
 - Sometimes, you'll even use them for a little while and then stop. If that happens, just remind yourself to start using them again.
- With practice, these new skills will become natural habits in your life, and you will not have to think so hard about how to use them.

Expect Pain Flare-Ups


- Sometimes, despite your efforts, you will still have times your pain flares up.
- A pain flare-up does not mean you did anything wrong, and it doesn't usually mean that there is new damage in your body.
- Knowing there are times when the pain will be worse is better than worrying or being surprised by it.
- Being aware that flare-ups happen can help you prepare to use your pain coping tools.
- **Coping with Pain Flare-Ups**
 - It is harder to use these skills when you have more pain.
 - But ... the most **important** time to use these skills is when you are in more pain.
 - Practicing these skills even when you are not in pain is important because they will become new helpful habits.
 - When these skills become habits, you are more ready to cope with pain flare-ups.

“Putting It All Together” – Group Chat

- What worked for each of you?
- What has been most challenging for you?
- What did you learn about yourself and your pain?
- How has your life changed due to these groups?
- What roadblocks do you think will get in the way of you practicing these new skills?
- Do you have any questions for the group leaders or other group members?

Your Weekly Pain Prescription



1. Listen to the Tips CDs. 
2. Listen to and practice the Relaxation Skills daily.
3. Practice your pain coping tools every day!



How Can I Use What I Have Learned Going Forward?



A man with curly brown hair and a beard, wearing a light blue button-down shirt, is smiling broadly and looking down. He is being high-fived by another person whose arm and hand are visible in the foreground. The background is blurred, suggesting an office or professional setting.

CONGRATULATIONS
on Completing the Group!

You Are Now a
Pain Management Pro!

