

Things that increase my **sense of threat**

To help identify these, it might help to think about some of the things that happen on a day when you have more pain than usual and write them down.

**All of these things can increase your pain,
especially when multiple things are combined.**

**Things I hear, see,
smell, taste, touch**

Things I do

Things I say

**Things happening
in my body**

Places I go

People in my life

**Things I think and
believe**

PAIN GOES UP AS THE SENSE OF THREAT INCREASES

My Pain

**Work with your
healthcare team to
address some of these
things, maybe they can
be removed or changed
into things that help
reduce your pain.**

Things that increase my **sense of safety**

Think about some of the things that happen on a day when you have less pain than usual and write them down.

**All of these things can reduce your pain.
Aim to add more as you think of them.**

My Pain

Things I hear, see, smell, taste, touch

Things I do

Things I say

Things happening in my body

Places I go

People in my life

Things I think and believe

PAIN GOES DOWN AS THE SENSE OF SAFETY INCREASES