

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