

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