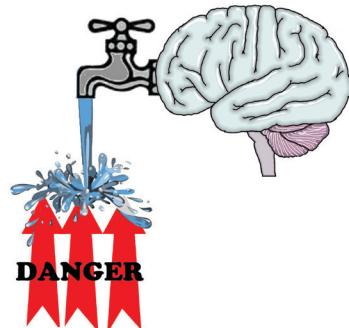


Homework 14.1

Emotions and Pain: Questions

People who know more about their pain and how it works experience less pain. This allows the brain to produce a variety of pain medicine, helping you get better. The more you know, the better off you will be. Think about everything you learned about pain today. Write down any questions you may have so we can discuss them next time. This ongoing learning is key to your recovery.

- 1.
- 2.
- 3.
- 4.
- 5.



Homework 14.2

Emotions and Pain: Keeping the Alarm System Extra Sensitive

In people with ongoing pain, there are many issues going on that may keep the alarm system extra sensitive. Can you think of all the issues surrounding your pain that may be reasons why your body's alarm system has remained extra sensitive?



Homework 14.3

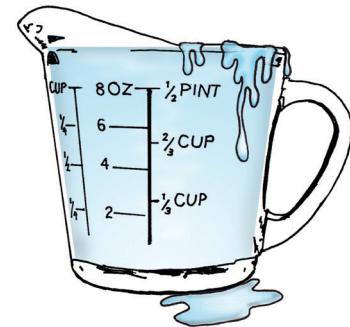
Emotions and Pain: Emotions and Pain

Tissue injury and pain are two different topics. Some people experience pain, but have healthy tissues.

Increased emotions along with various stressors in your life can cause the brain to produce pain in order to protect you.

On the right is a measuring cup.

Write down all the things you have had to deal with in regards to your pain/life since experiencing pain. Visualize how these issues may fill the cup, overflow the cup and then activate the alarm system.

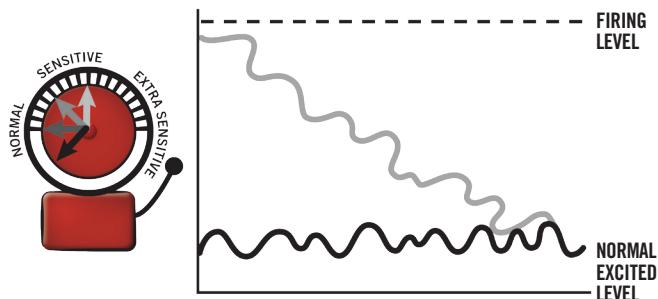


Homework 14.4

Emotions and Pain: Calming Nerves Down

A large part of your pain may be due to an extra-sensitive alarm system. Think of five ways you can help calm your extra-sensitive alarm system. What small things can you do, starting immediately, to help calm your nerves? You've already started number 1!

1. Learn more about how pain works.
- 2.
- 3.
- 4.
- 5.



Homework 14.5

Emotions and Pain: Tissues and Pain

Can you think of a time when you noticed a bruise, scrape or cut on your body, but couldn't remember when it happened? You experienced a tissue injury, but had no pain.

Can you think of any other cases where someone sustained a bad injury, but had no pain?

