## Homework 4.1

## **Nosy Neighbors: 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 4.2

## Nosy Neighbors: Explaining Nosy Neighbors

Can you explain nosy neighbors? Using the images below, explain to your friends and family how nosy neighbors result in you experiencing spreading pain. You can also write it out for yourself on a piece of paper.

