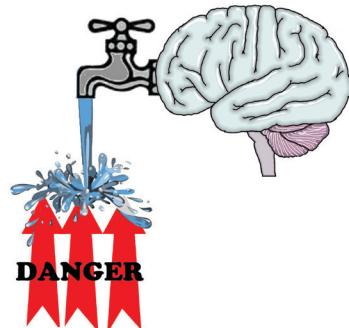


Homework 7.1

Brain's Pain Map: 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 7.2

Brain's Pain Map: Pain Meeting

Think of all the issues you have had due to your pain. Below is a list. If you have had trouble with an issue, check the box. Now sit back and review your answers. Understand that the reason you struggle with these tasks is because the areas of the brain that control those tasks are involved in a “pain meeting.”

- Focus/Concentration
- Motivation
- Memory
- Movements
- Body Awareness
- Body Temperature
- Sleep
- Balance
- Stress
- Fear/Anxiety

