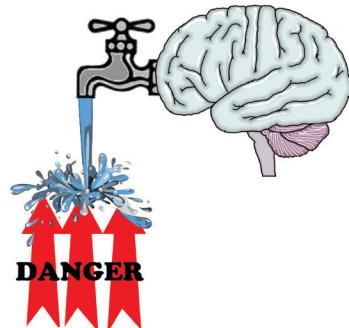


Homework 9.1

Lions and Stress: 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 9.2

Lions and Stress: Stress

What would you do if a massive, roaring African lion jumped into the room right now? Take a moment to think about it, and write it down.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



Homework 9.3

Lions and Stress: The Lion in your Life

The lion in our story represents the collection of issues you deal with on a daily basis since experiencing pain. Below is a blank picture of a lion. Take some time and write in all the issues you have been facing since you developed pain.

