Below is the visual illusion with the lines. Look at it again and see how easy the brain can be "tricked." Show it to someone else, and discuss it with them.

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In this session, you've learned how people can have injury and little or no pain. Surely you have experienced, seen or heard of this happening.

Use this page to write down some examples. Think about athletes performing with injury. Think about athletes competing in the Olympics. Think about examples that happened to you, your friends and family.

Write your examples here.

1. _____

_____

_____

_____

2. _____

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_____

In Session 2, you learned how various brain areas are active in processing your pain associated with fibromyalgia. On the right is a brain. Below is a list. If you have any of these issues, check the area, find the appropriate brain flash and color it in. For example, if you've had trouble doing exercises such as core strengthening, you may want to check off the area associated with movement. Once done, step back and see how your whole brain is busy processing the threat called fibromyalgia!
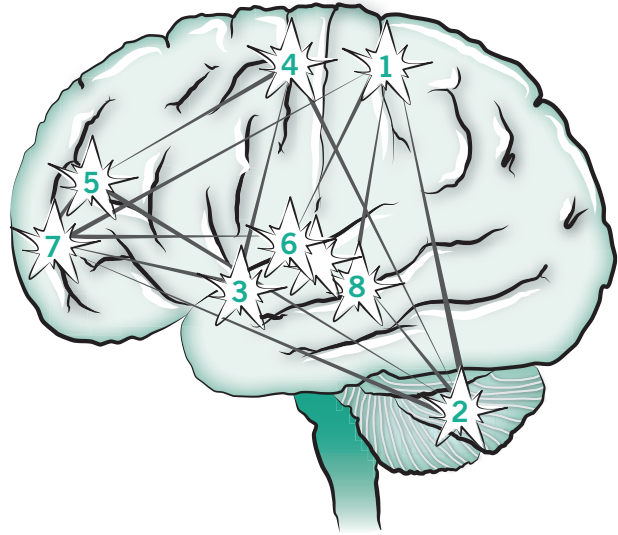
Number	Area	How Many?	Yes
1	Sensory	Feeling pain in many areas; spreading pain; pain everywhere	
2	Cerebellum	Difficulty with small, coordinated movements and balance	
3	Amygdala	Anxiousness and fear; feeling more emotional	
4	Motor	Difficulty with movement; exercises are hard to perform; abdominals don't work well; poor posture; weakness	
5	Anterior Cingulate	Trouble focusing; trouble with concentration; feeling like you're in a fog	
6	Hypothalamus	Sensitive tissues; nervousness; difficulty with sleep; lack of motivation	
7	Prefrontal	Problems solving issues; short-term memory issues	
8	Hippocampus	Problems with memory and directions	

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Education is therapy. Learning about the neuroscience of fibromyalgia will help you get better. As you move through the workbook, it's important that you ask questions. Your healthcare provider will help you answer them. Use this page to write down any questions you have up to this point based on this session.

Write your questions here.

1. _____

   _____

2. _____

   _____

3. _____

   _____

4. _____

   _____