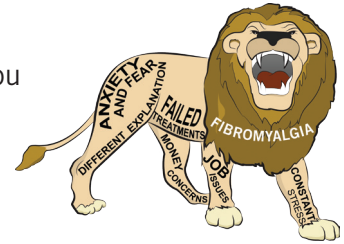


Many systems are involved in pain. A roaring African lion enters your room. Remember that the lion is a metaphor for all the issues that you deal with on a daily basis associated with fibromyalgia. Write down all the things you will do. If needed, use the cheat sheet below. When you're finished, explain this to someone.

- Is your heart rate up or down? Why?
- Is it time for a nap? Why or why not?
- Is your posture important right now?
- Are you feeling vigilant? Are your eyes open or not? Why?
- Which are the important muscles to use?
- If you have food in your belly, do you want to spend time digesting it?
- Are you interested in sex at this time?
- Are you interested in spending energy and time on healing your sore throat or fighting infections?
- Are you interested in spending energy healing tissues?
- Are you wanting to store energy for winter?



Remember, the African lion is a metaphor for all the issues and threats you deal with on a daily basis associated with fibromyalgia. Below is a list of identified factors. Check off the factors that you think apply to you, and then write them into your own fibromyalgia lion similar to this one.



- | | | |
|--|---|--|
| <input type="checkbox"/> No one knows what it is | <input type="checkbox"/> Exercise and movement hurt | <input type="checkbox"/> Constant pain |
| <input type="checkbox"/> Fear | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Family issues |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Nothing helps | <input type="checkbox"/> Failed treatment |
| <input type="checkbox"/> No one wants to help | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Fear it will get worse |
| <input type="checkbox"/> There is no hope | <input type="checkbox"/> Pain | <input type="checkbox"/> Concerns for the future |
| <input type="checkbox"/> Job issues | <input type="checkbox"/> Life is miserable | <input type="checkbox"/> No hope |
| <input type="checkbox"/> Money issues | | |
| <input type="checkbox"/> Different explanations for pain | | |

FILL IN YOUR LION...



Education is therapy. Learning about the neuroscience of fibromyalgia will help you feel better. As you move through this 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. _____
