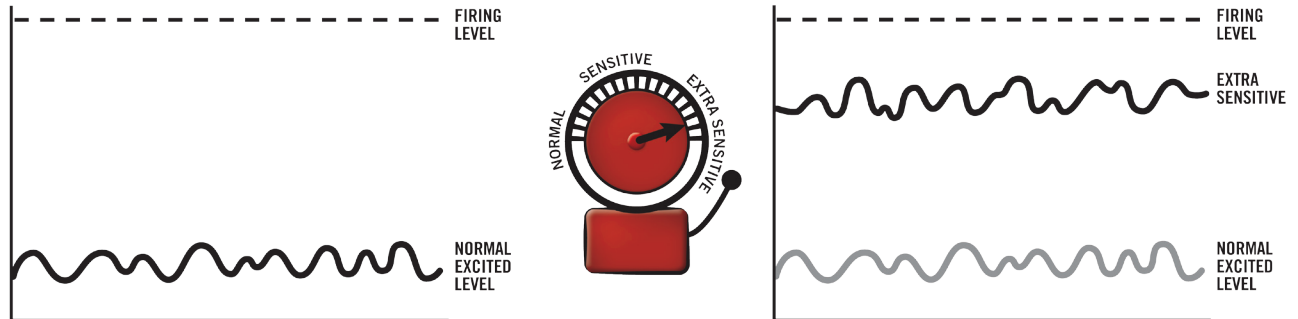
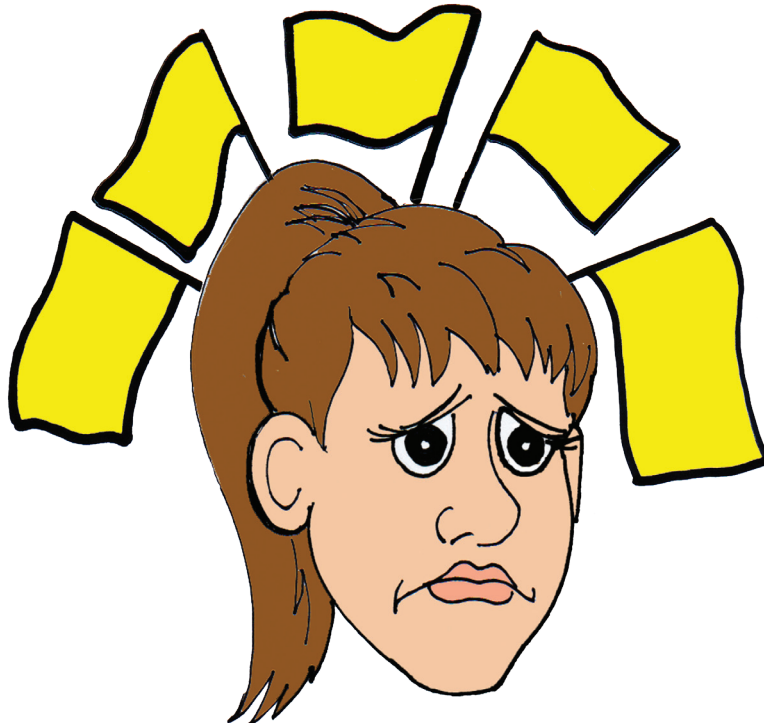


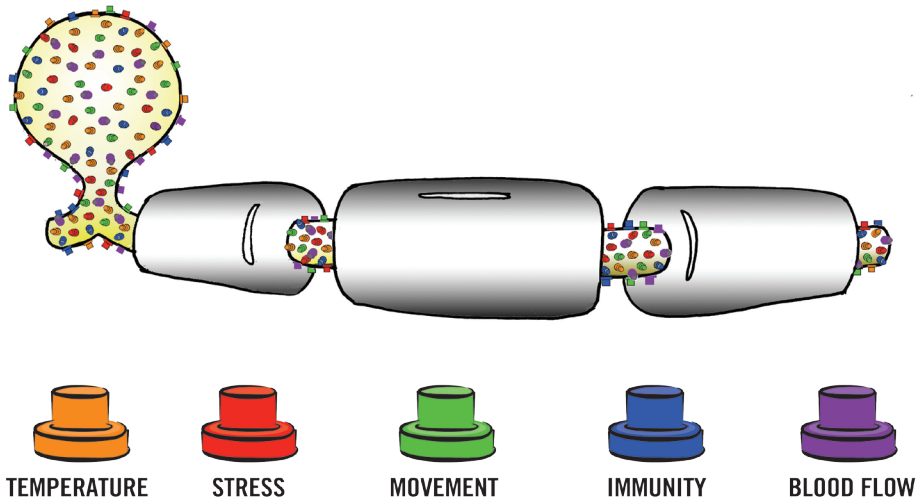
In your last session, the main point was that nerves have electricity in them at all times. With fibromyalgia, the alarm system is extra sensitive. It doesn't take much activity to cause the alarm system to fire off danger messages.



Can you identify a few things in your life that have caused your alarm system to remain extra sensitive? Fill them into the picture below.



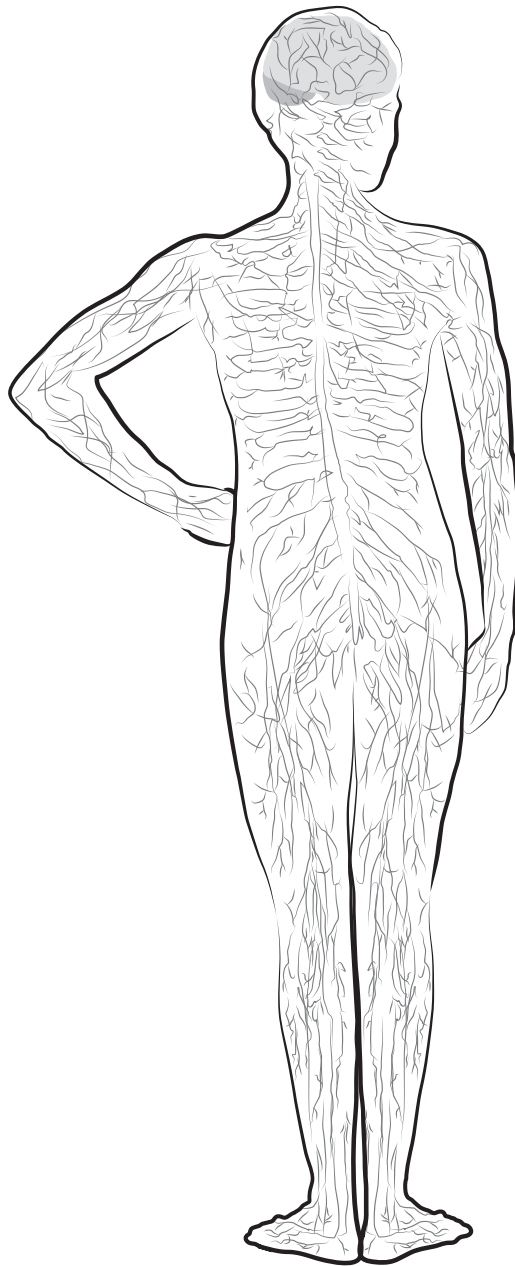
In your last session, nerve sensors were discussed. There are many kinds of nerve sensors in the body. Can you identify the sensors in your body that have caused some sensitivity? Mark the appropriate answers below.



Since developing fibromyalgia, I have noticed sensitivity and pain with:

- ☐ **Changes in temperature**
- ☐ **Stress and anxiety**
- ☐ **Movement and exercise**
- ☐ **Illness, such as a cold or the flu**
- ☐ **Pressure on my skin**
- ☐ **Staying in one position too long**

In your last session, nosy neighbors were discussed. Below are the nerves in your body. Mark the area where you started originally experiencing pain. Once you have identified this area, draw arrows in the direction of the neighbors who have since become irritated.



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. _____
