

Perspectives on Chronic Pain

Behaviours That Change Pain

Behaviours to decrease

Resting

Doing too much or too little

Focusing on pain and other bodily sensations

Searching for causes and cures

Avoidance of movement

Self-defeating self-talk

Taking medication too late

Panicking / focusing on emotion

Catastrophising

Being helpless

Being a victim

'Displaying' signs of invalidity e.g. groaning and limping. Letting others treat you as sick/ disabled.

Behaviours to increase

Relaxation

Pacing activity

Meaningful and satisfying activities

Activities for fun and pleasure

Movement for strength, endurance, mobility and enjoyment

More positive, realistic self-talk

Taking medication by the clock

Defusing emotions / Setting realistic goals / problem-solving approach

Putting things in perspective

Sharing responsibility for your health

Taking charge of life

Looking/acting as normal as you reasonably can. Ask family/friends to support healthy behaviour.

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