

## PAIN MANAGEMENT STRATEGIES - WHAT WORKS FOR YOU?

Please indicate which techniques are proving useful to you with a diary of this week and indicating effect (✓ = tried strategy; + = reduced pain; - = increased pain, NE = no effect). Draw a final conclusion (in last column) after you have tried each a number of times. Star ( \* ) most favoured methods for you.

STRATEGIES	Tick no. of times tried & effect ✓ + / - / NE	Decision re: usefulness + / - / NE	Favourite methods ( * )
Slow, deep (diaphragmatic), regular breathing			
Progressive relaxation			
Brief relaxation induction ("cue relaxation")			
Peaceful imagery			
Self Hypnosis			
Meditation			
External focussing (sounds, stimuli outside body, engaged in activity)			
Mental distraction (thoughts, memories, mathematics...)			
Reappraisal			
i) transformation of pain			
ii) transformation of context of situation			
iii) redefinition of pain			
iv) denial of pain			
v) limiting of pain			
vi) relocating pain			
vii) relocating your thoughts to a non-pain site			
Self-talk or Self-statements			
Persistence or nonavoidance			
Activity pacing			
Anxiety reduction/defusing			
Exercise (walking, swimming, physio exercises..)			
Direct statement of needs/assertiveness			
Drugs			
Others: 1.			
2.			
3.			

Notes.....  
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