

Perspectives on Chronic Pain

Thoughts Behind Feelings That Worsen Pain

Self-defeating thoughts

It should be better now.

I should be like I used to be.

They don't care/understand.

There must be something seriously wrong.

No one can work out what's wrong.

I will never get better.

There is nothing they can do.

There's absolutely nothing I can do. I have to live with it.

Negative feelings

Frustration.

Guilt.

Anger.

Anxiety / fear.

Alarm.

Depression.

Helplessness.

Hopelessness.

Emotional responses to pain can worsen it. For example, we feel pain more when we are depressed. The emotion that does the most damage is frustration. In chronic pain it is also the most common. It makes us act impulsively and overdo it. It also releases harmful stress hormones. Emotions from everyday stress add to pain as well. More realistic thinking will weaken strong emotions. Suffering is reduced. \paingrp3.doc