

# Perspectives on Chronic Pain

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## Changing Thoughts To Control Pain.

### Self-defeating thoughts

I will never get better.

I am afraid of the pain.

No one can work out what's wrong.

No one understands.

There is nothing much more they can do. I've reached the end of the medical line.

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

### Self-enhancing thoughts

I am learning to cope.

I am learning to help myself.

I accept that I'm going to have pain as *part* of my life. But there's more to my life than pain.

There are a number of things I can do to prevent the pain worsening and to help keep it manageable.

It's not life-threatening. The reality is that for the majority of cases the cause remains unknown.

I will continue to manage whether or not they understand.

That may be true but I'm not totally dependent on the health system for my well-being.

I'm not going to let this stop me. It's a tough challenge but I can meet it.

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