

THE PAIN TRUTH JOURNEY GUIDE

STAGE 2 – UNDERSTANDING

Your pain finally begins to make sense.

THE TRUTH

Pain is not your enemy... it is your body's attempt to protect you.

Your nervous system may have become overprotective if...

(Check ☒ all that apply)

☐ Pain has lasted longer than expected.	☐ Medical tests don't fully explain your pain.
☐ Pain is triggered by stress or anticipation.	☐ Many treatments have provided only temporary relief.
☐ Pain is triggered by relatively light activities.	☐ Pain has gradually affected more of your life.

If you checked ☒ the boxes above, you may be experiencing **Primary Pain**.

Which fears are affecting you most?

- ☐ Fear of not recovering... *"When will this pain go away?"*
- ☐ Fear of worsening pain... *"I must avoid certain activities in order to protect myself."*
- ☐ Fear of pain itself... *"Pain must mean that my body is damaged."*
- ☐ Fear of aging... *"If I'm this bad now, what's going to happen when I'm older?"*

YOUR LIFE SCORE

To what extent are you living the life you want to live?

0 1 2 3 4 5 6 7 8 9 10
0 = Not at all *10 = Completely*

WHAT'S ONE THING I CAN DO TODAY?

(A small step that will get you closer to one of your activity goals)

WHAT'S ONE THING I CAN DO THIS WEEK?

(A small step that will get you closer to one of your activity goals)

REMEMBER

Primary pain is a prediction by your brain that protection is necessary...
changing the prediction, changes the need for protection.

Hope → Understanding → Confidence → Trust → Self-acceptance → Living → Begin Again

You are here: Understanding

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UNDERSTANDING PAIN

Pain is not your enemy.

Pain is your body's attempt to protect you.

Sometimes protection is needed because the body has been injured.

This is called **Secondary** Pain.

Sometimes the body heals, but the nervous system continues to predict that protection is needed.

This is called **Primary** Pain.

Both types of pain are 100% real.

Since secondary pain is driven by an injury or disease affecting the body, treatment is often directed toward helping the body heal.

Since primary pain is driven by an overprotective nervous system, it often requires more than treating the body alone.

Recovery from primary pain requires helping the nervous system feel safe again.

One of the ways we begin doing this is by taking one small step toward one of the three goals you chose in Stage 1... every day.

That is exactly what the rest of **The Pain Truth Journey** is designed to help you do.

Every meaningful step teaches your brain something important:

"I'm capable of moving forward."

Before moving to Stage 3...

- ☐ I understand the difference between Primary and Secondary Pain.
- ☐ I have taken one small step toward the life I want.
- ☐ I'm ready for stage 3.

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