

The Pain Truth Program

(Sample section from the Pain Truth Workbook)

Reasons for my pain

Co-authored By: **Rachel Donen**

You must complete this section with your Pain Truth Certified Health Care Provider.

Reasons for my pain	
<i>I am in pain because... (Look at the box on the right for examples)</i>	
(Write down your top 5 reasons for your pain)	<u>Examples</u> (☑ Check all that apply)
1.	<input type="checkbox"/> I am injured
2.	<input type="checkbox"/> Something is out of alignment
3.	<input type="checkbox"/> I am weak
4.	<input type="checkbox"/> I am not doing enough
5.	<input type="checkbox"/> I am doing too much
	<input type="checkbox"/> I sit too long
	<input type="checkbox"/> I have tight muscles
	<input type="checkbox"/> I have bad posture
	<input type="checkbox"/> I don't know

How my beliefs about my pain make me feel		
<i>(Look at the box on the right for examples)</i>		
	<u>Examples</u> (☑ Check all that apply)	
1.	Good?	Bad?
2.	<input type="checkbox"/> Safe	<input type="checkbox"/> Vulnerable
3.	<input type="checkbox"/> Calm	<input type="checkbox"/> Worried
4.	<input type="checkbox"/> Secure	<input type="checkbox"/> Helpless
5.	<input type="checkbox"/> Relaxed	<input type="checkbox"/> Stressed
	<input type="checkbox"/> Optimistic	<input type="checkbox"/> Hopeless
	<input type="checkbox"/> Satisfied	<input type="checkbox"/> Disappointed
	<input type="checkbox"/> Young & strong	<input type="checkbox"/> Old & weak
	<input type="checkbox"/> Confident in my recovery	
	<input type="checkbox"/> Doubtful of my recovery	

Reference: Donen, Rachel. *Back pain again?: 4-Week program for pain that won't go away. Volumes 1-4.* CreateSpace, 2018.

How my beliefs about my pain make me feel

My beliefs about my pain bring me feelings of...

- Frustration
- Worry
- Fear
- Guilt/shame
- Disappointment
- Anger
- Hopelessness
- Suffering
- Vulnerable to being injured
- Unsafe about my body

My beliefs about my pain DO NOT make me feel...

- Safe
- Confident
- Relaxed
- Joyful
- Hopeful
- Empowered
- Calm
- Freedom to do what I want
- Trust in my body
- Strong & able

It is suggested that you read this review below daily for this week until you truly agree with the concepts in this section. It is okay to disagree with some of the statements for now.

Beliefs about my pain review

I do NOT need to be so protective of my body as I am not fragile Agree Disagree

I do NOT need to fix something, get stronger or loosen my muscles in order to be free of pain Agree Disagree

When I experience pain, it does NOT always mean that I am hurting myself, or that something is injured or out of alignment Agree Disagree

The reason for my pain is that I currently have a **hypersensitive nervous system** Agree Disagree

I have a hypersensitive nervous system because it wants me to experience **pain** Agree Disagree

The reason my nervous system wants me to experience pain is because it feels the need to **protect me** Agree Disagree

The reason my nervous system wants to protect me is because it believes I am in **potential danger** Agree Disagree

The reason my nervous system believes it is in danger, partly has to do with **my beliefs about the reasons for my pain** Agree Disagree

I need to change my belief that there is something structurally wrong with my body and that I can easily be injured Agree Disagree

A positive change in belief will calm my nervous system and make it feel it is in greater SAFETY than in DANGER
... which I am confident I can do Agree Disagree