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# Things That Affect My Pain

Your assignment for this session is to make a list of all the things you can think of that you believe affect your pain. Can you think of things that make your pain decrease? How about things that make your pain increase? These can be things you did or thoughts you had during the day.

Please write down these things in the spaces below.

**Things that can make my pain INCREASE:**

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**Things that can make my pain DECREASE:**

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# ABC Worksheet

Activating Event (Stressful Situation)	Beliefs (Automatic Thoughts)	Consequences (My Reactions)
I bend over to pick up a package and I get a big increase in my pain	Why me? What did I do to deserve this? Now I am in for a miserable day.	<p><b>Emotional:</b> Frustrated and angry</p> <p><b>Physical:</b> Face feels hot and flushed</p> <p><b>Behavioral:</b> Walk slowly so I don't cause more pain</p>
		<p><b>Emotional:</b></p> <p><b>Physical:</b></p> <p><b>Behavioral:</b></p>
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		<p><b>Emotional:</b></p> <p><b>Physical:</b></p> <p><b>Behavioral:</b></p>
		<p><b>Emotional:</b></p> <p><b>Physical:</b></p> <p><b>Behavioral:</b></p>

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## Behavioral Goals for the Week

**Goal #1**

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**Goal #2**

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**Goal #3**

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**Goal #4**

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**Goal #5**

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