

Responses to pain (Worksheet 5)

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|-----------------------------------|----------------------|------------------------------|--|----------------------|---------------------------|
| 'It shouldn't be like this' | Fearful | 'I hate it' | 'There must be something really wrong' | Anxious | Sad |
| 'I'm pathetic' | 'It's unfair' | 'People will think I'm lazy' | Guilty | 'I'm cursed' | 'I wish it would go away' |
| Despondent | 'Nobody understands' | 'I'm useless' | Frustrated | 'I will be a burden' | 'I have to ignore it' |
| 'I should be able to cope better' | Ashamed | 'I won't let it beat me' | 'When will it ever end?' | Irritated | Angry |

Note any other thoughts and feelings you have noticed that are triggered by pain:
