

Thoughts triggered by pain (Worksheet 6)

Write a thought that tends to be triggered by your pain:		
Is this thought . . .	Helpful <input type="checkbox"/>	Unhelpful <input type="checkbox"/>
	An opinion <input type="checkbox"/>	A fact <input type="checkbox"/>
Does the thought change depending on:		
Your mood <input type="checkbox"/>	The time of day/night <input type="checkbox"/>	Who you are with <input type="checkbox"/>
The situation <input type="checkbox"/>	What you are doing <input type="checkbox"/>	How tired you are <input type="checkbox"/>
Which statement is more true for the thought you have written?		
A: The thought highlights a problem I need to address <input type="checkbox"/> (see problem-solving)		
B The thought highlights how I feel at the moment <input type="checkbox"/> (how would I help a friend?)		
Based on your responses, write something helpful that you can say to yourself or do when you notice this thought:		