



Be Pain Smart – Fatigue

Pain and fatigue thought swap worksheet

Swapping unhelpful thoughts for helpful ones can help you deal with fatigue and help you to meet your goals. Remember your thoughts, feelings and actions are linked, so the way you think about your fatigue and pain is important.

When you have pain and fatigue, it is easy to have unhelpful thoughts which can make your pain worse. It helps to swap these for more helpful thoughts.

In the first column there are some common unhelpful thoughts you might have about your pain. Next to these are some more helpful thoughts – you can call these **thought swaps**. These are thoughts that you can swap for your unhelpful depressive thoughts.

UNHELPFUL THOUGHT		THOUGHT SWAP
<i>When I feel okay, I need to push myself to get everything done.</i>		<i>If I push myself, it will take longer for me to recover.</i>
<i>I am lazy if I rest on the couch.</i>		<i>Resting helps me to recharge and get more energy.</i>
<i>If I cannot do all the things I could do before, then I am worthless.</i>		<i>If I do less things, I can do each thing better.</i>
<i>I need to keep my brain active or I will not get better.</i>		<i>I need to give my brain a rest or I will not get better.</i>
<i>If I cannot do the entire job in one go, then there is no point starting.</i>		<i>It is better to do something than nothing – one step at a time is better than none.</i>
<i>If I miss out on doing things, then I will lose my friends.</i>		<i>If I do things when I am tired, I will crash out afterwards and miss out on more things.</i>



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Now, it is your turn to create your own **thought swaps**. They work better when they are personal to you. Take a moment to think of one of your thoughts when you are feeling tired. Write the thought below.

My unhelpful tired thought...

Now think of a new, more helpful thought to swap with the old one.

My new, more helpful thought...

Keep making more **thought swaps** about your pain and fatigue.



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Write your unhelpful thoughts in the first column and then make a new, more helpful thought to swap it with.

UNHELPFUL THOUGHT	THOUGHT SWAP
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