



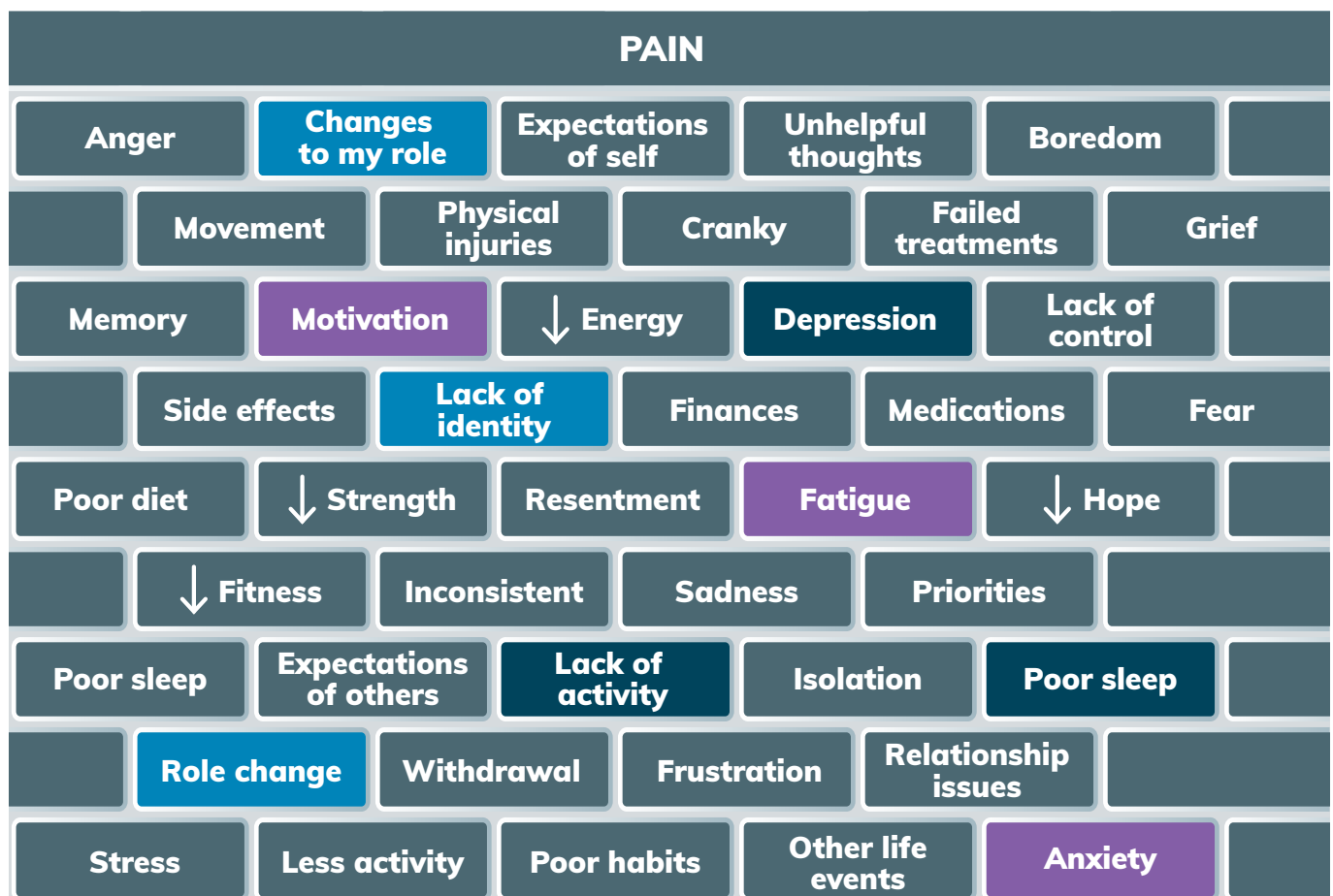
Be Pain Smart – Pain

The brick wall of pain

The first step to breaking through your brick wall is to work out what are the bricks in your wall; that is, what are your problems and barriers in your life? You need to name the bricks first, before you can make a plan to break through the brick wall.

So, what are some of the general barriers in your life? Your first one is probably pain, so write that on at the top of the wall, but what are some other obstacles?

Look at this example.





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Now have a go yourself – what are the bricks in your wall?

Write the bricks in your wall on the blank sheet below.

A large grid of empty rectangular boxes arranged in a brick pattern, intended for writing answers. The grid consists of 8 rows of boxes. The first and last rows have 6 boxes each. The second, third, fifth, and sixth rows have 5 boxes each. The fourth and seventh rows have 6 boxes each. The boxes are arranged in a staggered pattern, with each box in a row offset from the boxes in the rows above and below it.