



Be Pain Smart – Pain

Pain thought worksheet

Swapping unhelpful thoughts about your pain for helpful ones can aid you with managing your pain and meet your goals.

When you have pain, it is easy to have unhelpful thoughts which can make 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. These are thoughts that other people in chronic pain have said that they have – are these thoughts familiar to you?

Next to these are some more helpful thoughts – you can call these **thought swaps**. These are thoughts that you can swap for your unhelpful thoughts about your pain.

UNHELPFUL THOUGHT	THOUGHT SWAP
My pain is worse, it will never go away.	I know I cannot make my pain go away entirely, but I can cope with this.
The pain is so bad, it feels like I will be stuck like this forever.	Even when my pain gets bad, I know it will not stay like this forever.
When the pain is so bad, it makes me feel so stressed and angry.	I will try to keep myself as calm as possible.
I do not want to do anything when I am in pain.	I do not feel like doing anything, but if I do it anyway, I may feel better than if I do nothing.
The pain controls me, I am powerless.	There are many things I can do to help myself to manage the pain as best I can (exercise, pacing, relaxation).
I cannot accept the pain.	I do not want to accept it, but this is how it is. I accept that this is how it is for the time being, now I can try to get on with my life in a healthy way.



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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 common thoughts about your pain. Write the thought below...

My unhelpful thought about pain...

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

My new, more helpful thought...



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Keep going with making more **thought swaps** about your pain.

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

UNHELPFUL THOUGHT	THOUGHT SWAP
	
	
	
	