



Be Pain Smart – Depression

Changing your thoughts worksheet

Step 1. Notice the thought – write down a common unhelpful thought.

What is the thought?
My pain is getting worse and I will never get better.

Step 2. Challenge the thought – thinking about this unhelpful thought, answer the questions below.

PROOF MY THOUGHT IS TRUE	PROOF MY THOUGHT IS NOT TRUE
<i>My pain is still there.</i>	<i>I am learning new ways to manage my pain.</i>
<i>It was getting better, but last week I had a flare-up.</i>	<i>It took me a while, but my walking has got better – so there is no reason that this will stop.</i>
<i>It has taken my 3 years to improve my walking – I am not sure if I can keep going.</i>	<i>I have days with less pain and if I follow my pacing plan, this will get better.</i>

Is there another way of thinking about this?
I may always have pain but it does not mean it will get worse or that I cannot learn to do more.



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Will this matter in six months' time? If not, why?

Sort of – but if I think about this differently, it will help me to manage my pain and in six month's time, it will not seem like so much of a problem.

Is this thought helpful? If not, why?

No – because it is keeping me trapped worrying about what will happen in the future.

If I focus on what I can do now and how to manage my pain – then the future will be ok.

Step 3. Make a new helpful thought – read over the parts above and come up with a new, more helpful thought.

What is my new thought?

I will most likely still have pain in the future, but that does not mean that it will get worse or that my recovery will stop.

Now it is your turn to have a go.



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PROOF MY THOUGHT IS TRUE **PROOF MY THOUGHT IS NOT TRUE**

Is there another way of thinking about this?





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Is this thought helpful? If not, why?

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What is my new thought?

This is a new skill, so you will need to practice it a lot with different unhelpful thoughts. At the start, try asking yourself all the questions. Over time, you might notice that one or two questions are the most helpful for you.