

Tell Me Where It Hurts

BOOK CLUB DISCUSSION GUIDE

by Rachel Zoffness

ABOUT THE BOOK

Every one of us will experience pain, be it back pain, the pain of childbirth, or living in an aging body. Not a single one of us will escape. But what if everything you thought you knew about pain was ...wrong?

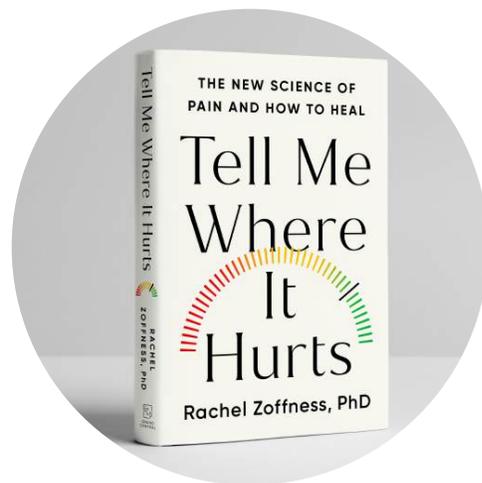
We've been told that pain is purely physical, something to do just with bones and body parts. The truth is that pain is constructed by the brain—influenced not just by injuries, but also by emotions, expectations, and environment. This means you have infinitely more control over pain than you ever imagined: because if the brain can change, pain can change.

Rooted in cutting-edge neuroscience and rich patient stories, Dr. Rachel Zoffness completely upends the myths we've been sold—finally reconnecting physical and emotional pain, and providing a roadmap for healing. The fact is that chronic pain is treatable. But to do that, we must target the whole person—not just a body part.

A groundbreaking, revolutionary book that finally offers access to the world's most powerful painkiller: YOU.

ABOUT THE AUTHOR

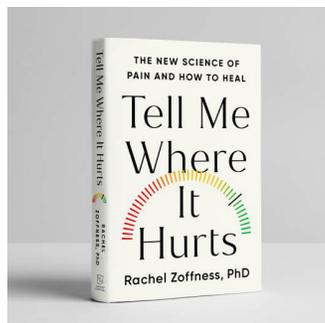
Dr. Rachel Zoffness MS PhD is a leading global pain expert, pain psychologist, speaker, author, disruptor and thought-leader in pain medicine. She's faculty at the UCSF School of Medicine, lectures at Stanford, and is a winner of the prestigious Mayday Fellowship. Tell Me Where It Hurts is her third book and will be translated to more than 25 languages. Learn more at zoffness.com.



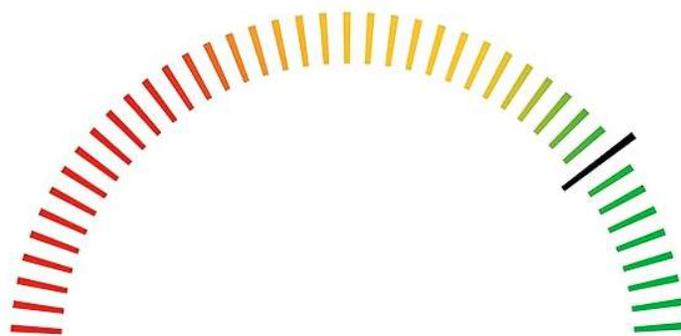
“Brilliant, timely and important.”

- **Lori Gottlieb**, author of *Maybe You Should Talk to Someone*

DISCUSSION QUESTIONS

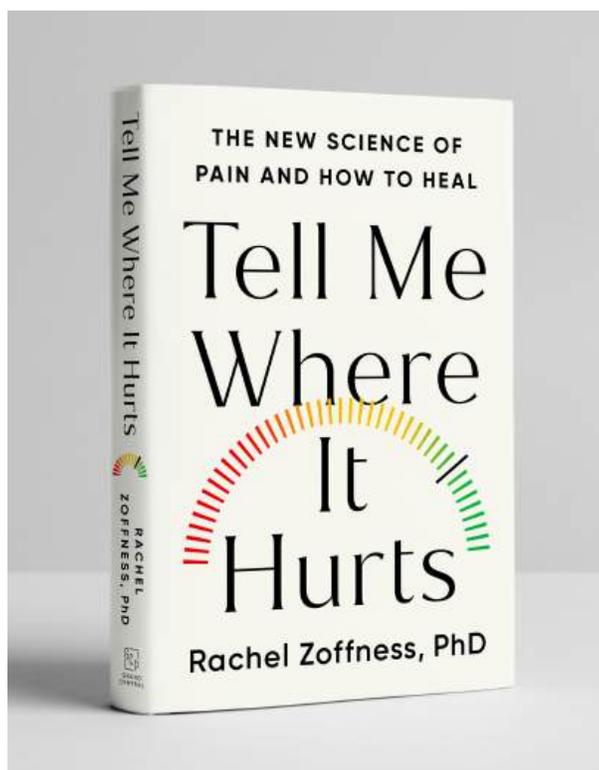


1. The book opens with a quote by Dr. William Osler: “Ask not what disease the person has, but rather what person the disease has.” Does this resonate for you, and if so, why? In what ways does this reflect the book’s themes and messages?
2. In her introduction, Zoffness writes that the more she learned about pain, the more alarmed she became by how much medicine gets wrong. What were you most surprised to learn about the true science of pain and its treatment?
3. How did you feel reading about the mismanagement of pain? How has your pain, or the pain of loved ones, been mismanaged?
4. Zoffness calls herself a “pain detective.” What details does she glean from patients like Mateo (p. X) and Fallon (p. X) that help her solve cases? What questions do you wish healthcare providers had asked you on your pain journey?
5. In what ways do you identify with the patients in this book? Are there any in particular that stood out to you? Why?
6. Chapter 5 (Pain is Emotional) explores the role of emotions in pain. In what ways did this information surprise you, and in what ways did it not surprise you?
7. If you work with a doctor, physical therapist, or psychotherapist, do you think they’d benefit from understanding the concept of a “pain recipe?” Why?
8. Zoffness notes that our social health significantly affects our physical health. In what ways has your physical or emotional health been affected by toxic relationships, estrangement, social support, or loneliness?
9. What factors amplify your pain volume? What factors turn pain volume down?
10. In Chapter 6, we meet “Pain Voice,” the voice of worries, fears, and worst-case scenarios. Picture your Pain Voice and give him/her a name. What does she say to you? What strategies have been most effective for dealing with her?
11. Try crafting your own Pain Recipe with biological, psychological, and social ingredients, as Joyce did on page X. What did you learn from it?
12. Which tools from the Pain Protocol in Part 3 were the most helpful to learn? Which, if any, have you started using?
13. Zoffness writes that physiological balance can keep pain at bay, particularly balancing sleep, diet and movement. Which is the hardest for you to manage, and why?
14. What facts and stories in the book made you feel the most Hopeful?
15. Which friends or family members would benefit most from reading this book, and why?
16. You’ve been invited to be part of the Pain Revolution. What one, small step would you like to take to change the way we talk about and treat pain?



Tell Me Where It Hurts

PRAISE



“This book is a must read for anyone struggling with chronic pain.”

Anna Lembke, MD, Professor and Medical Director, Stanford Addiction Medicine Dual Diagnosis Clinic, NYT bestselling author of Dopamine Nation

“If you follow the recommendations in this book, I can assure you that it will change your life.”

Layne Norton, PhD, Doctor of Nutritional Sciences, Author of Fat Loss Forever

“A masterclass in healing.”

Michael Gervais, PhD, High Performance Psychologist, Author of Finding Mastery