

This exercise handout helps identify unhelpful pain thoughts using the Pain Thoughts Handout. Fill in the middle column with the Type of Unhelpful Pain Thought to gain insight into thought patterns affecting your pain. Use the Thought Journal for a deeper understanding, challenging and reframing thoughts for improved pain management and well-being.

Stop your negative thought	Ask what type of negative thought you had	Choose an accurate, helpful thought
"I haven't had too much pain today, but I know that won't last for long."	Catastrophic thinking	"Sure, not all days will be pain-free. But I've had some days without pain lately, so I know that not every day will be painful."
"I've taken all my medicines like I'm supposed to, so I should have no pain at all."		"Medicines help a lot, but they may not solve the problem alone. Using them along with healthy thinking gives me the best chance of coping with my pain."
"There's really nothing I can do to help my pain."		"Some days my pain may feel tough to manage, but there have been days when it has been better. And there are things that I can do to help my pain."
"Sitting for more than 2 hours is very hard, so there's no way I can ever go back to my job."		"I may not be able to return to my exact job, but I can be open to other arrangements that will allow me to continue to work in a similar way."
"When my pain is bad, I can't do anything."		"Even when my pain is bad, there are still some things that I can do."
"When I move my back hurts, so it must be bad for me to move."		"Hurt does not equal harm."
"I feel useless, so I am useless."		"Even though I can't do all the things I used to do, it doesn't mean I can't do anything."