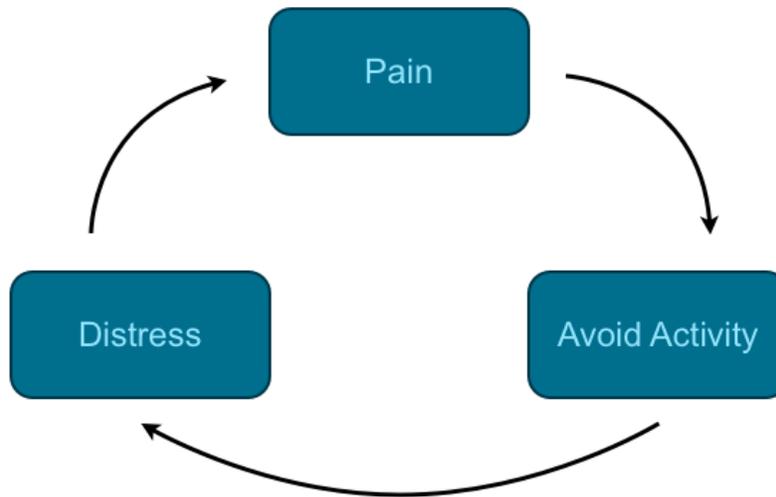


Psychological Cycle of Pain:



When you are in chronic pain, a common reaction is to stop doing activities that may hurt. Unfortunately, even when you stop doing things you enjoy, you are often still hurting and quitting fun activities may make you feel angry, sad, frustrated, and disappointed. Now, you have pain and you also have to deal with all of these negative feelings, which can actually **INCREASE** your pain!

So, you have two choices...

- 1) **Avoid activities** that you enjoy to avoid pain. This might leave you with...

More Pain + Anger/Sadness/Frustration/Disappointment

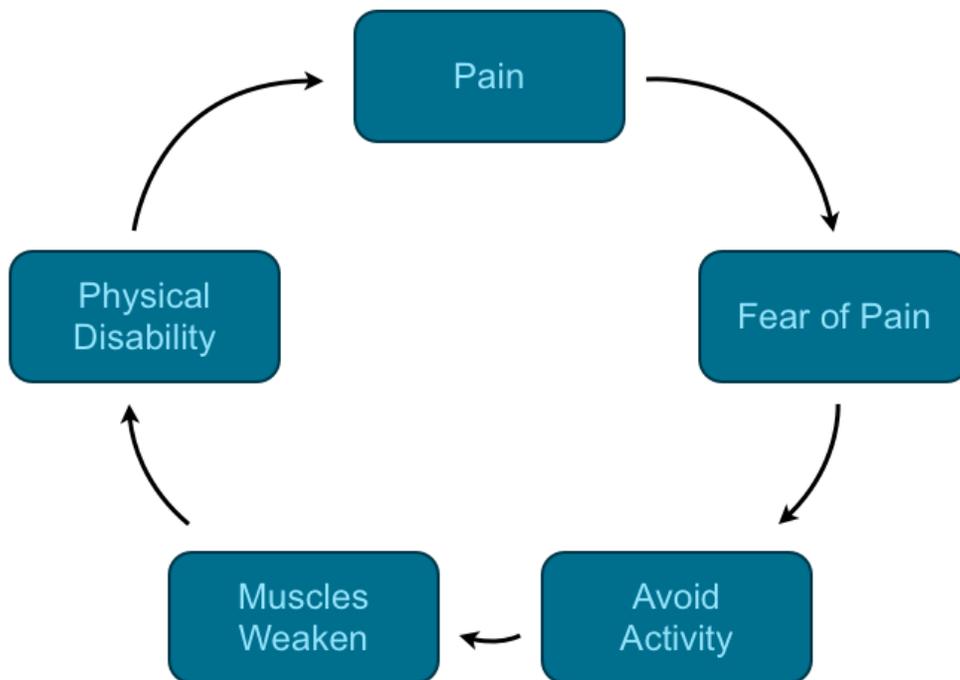
Or you could...

- 2) **Continue doing activities** that you enjoy. Yes, it may hurt, but you may also actually gain some enjoyment as well. This might leave you with...

Less Pain + Fun/More Happiness

THE CHOICE IS YOURS!

Physical Cycle of Pain:



Avoiding activity can have significant physical costs. If you don't use your muscles, they get weak. Then, when you try and use your muscles again, you have more pain. Over time, you can become physically disabled. Even if physical activity causes you pain in the short-term, the more physically active you are the less pain you will have in the long-run.

USE IT OR LOSE IT!