

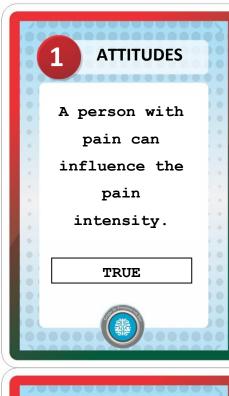


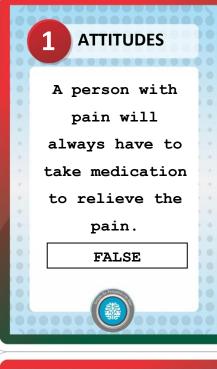
A person with chronic pain should be irritated by everything.

FALSE

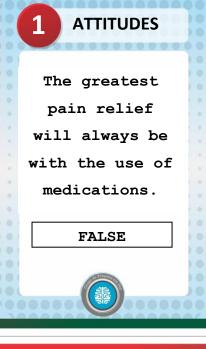


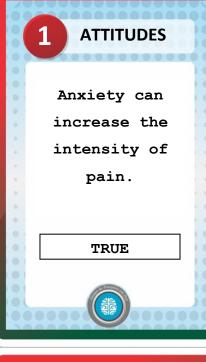


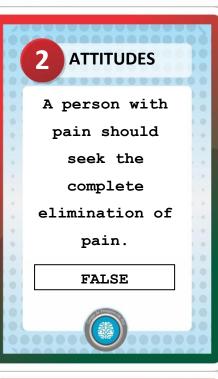




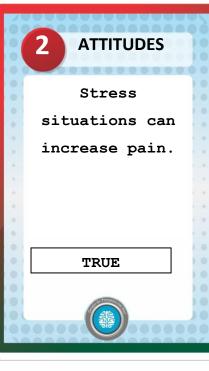
















By concentrating or relaxing it is possible to decrease the pain.

TRUE



3 ATTITUDES

Drugs are the best treatments for chronic pain.

FALSE



The family should treat the person suffering with pain

FALSE

differently.



2 ATTITUDES

Feelings of sadness and depression can increase pain.

TRUE



ATTITUDES

If a person
with chronic
pain exercises
the pain will
worsen even
more.

FALSE



1 ATTITUDES

Chronic pain
always means
having
something wrong
in the body
that prevents
movement.

FALSE



3 ATTITUDES

It is possible to control pain by changing the way you think.

TRUE



ATTITUDES

It is
possible to
learn to
control pain.

TRUE



1 ATTITUDES

It is possible to learn how to deal with pain by changing behavior.

TRUE





A person with chronic pain can not have an active life.

FALSE



1 ATTITUDES

A person with chronic pain will only improve with the reduction of pain.

FALSE



1 ATTITUDES

There is a
strong
connection
between
emotions and
pain intensity

TRUE



1 ATTITUDES

A person with chronic pain can do almost anything with just a few adjustments.

TRUE



2 ATTITUDES

If a person
with chronic
pain exercises
the pain will
continue to
worsen.

FALSE



1 ATTITUDES

A person with chronic pain has nothing else to do to but improve the pain.

FALSE



1 ATTITUDES

Sleep has an important influence on pain and stress.

TRUE



2 ATTITUDES

Sleeping well
and exercising
can help
decrease the
pain.

TRUE

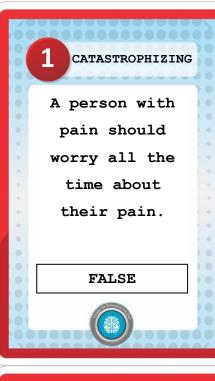


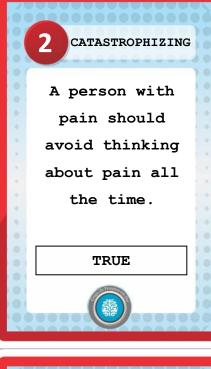
1 ATTITUDES

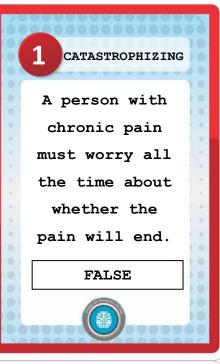
Even with pain, it is important to try to keep daily activities.

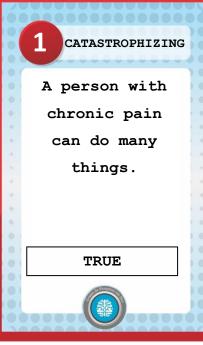
TRUE











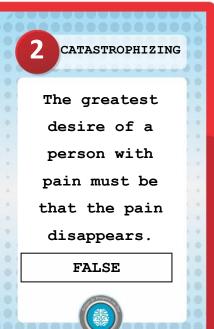


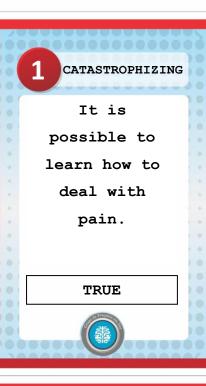


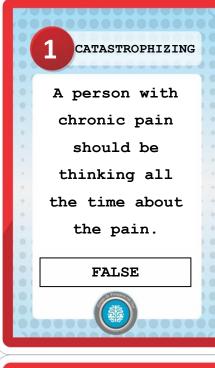
A person with chronic pain knows that the pain will always worsen.

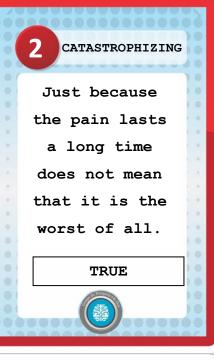
Having new episodes of pain throughout life may be normal.

TRUE

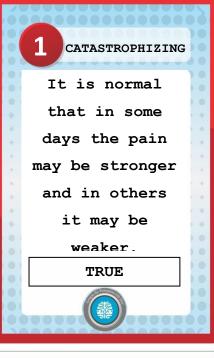










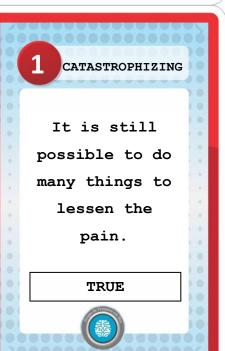




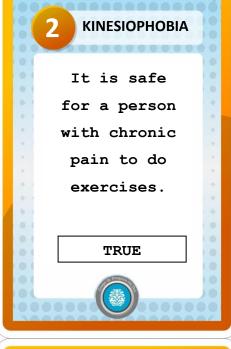
A person with chronic pain will never get any better.

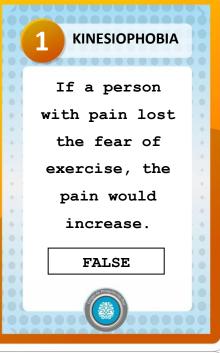
FALSE





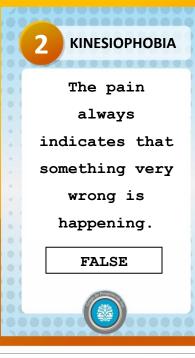


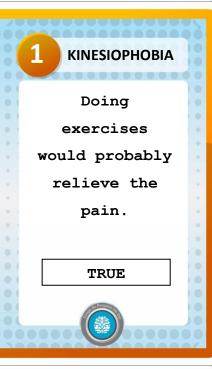




For a person with chronic pain it is important to lose the fear of exercises.

TRUE

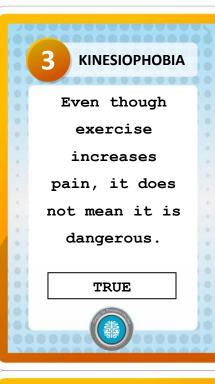


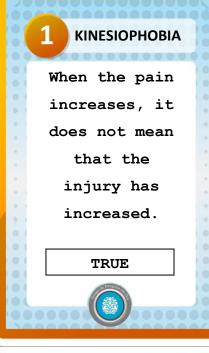


A person with chronic pain should be afraid of exercises.

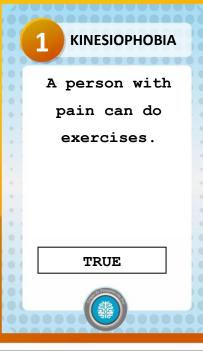


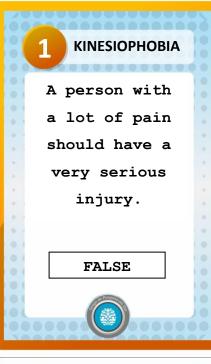




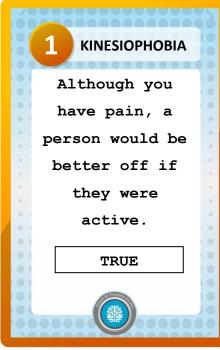






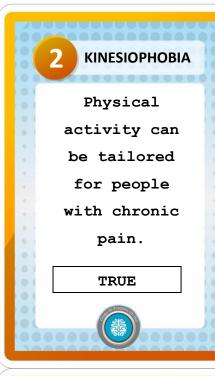


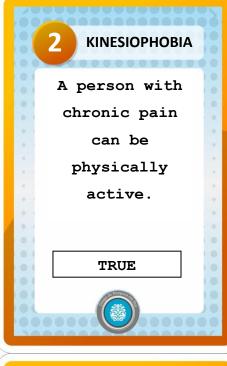








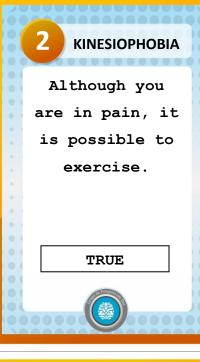






Just because something aggravates my pain does not mean it is dangerous.

TRUE





Pain would probably be relieved if I were to exercise.

TRUE

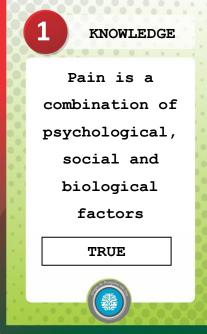




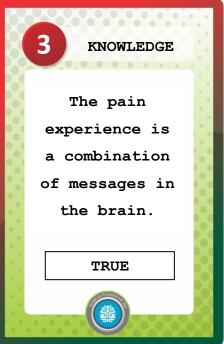










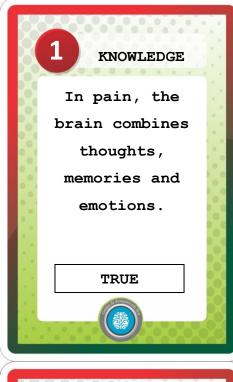


Nerves carry messages from the body's receptors to the spinal cord.

TRUE



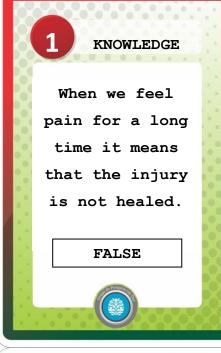








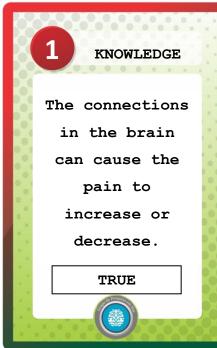


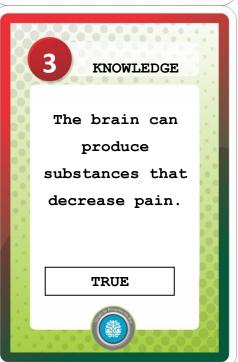


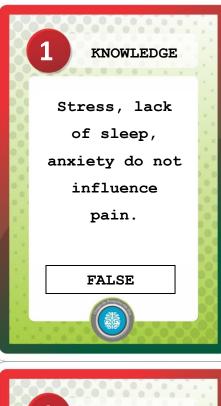


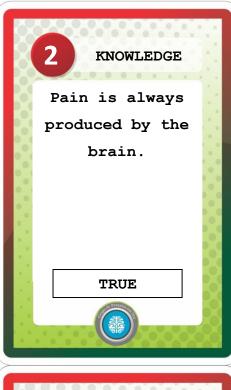
In chronic pain, the central nervous system becomes more sensitive to nociception.

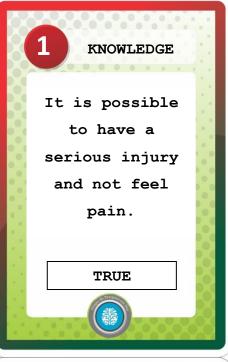
TRUE

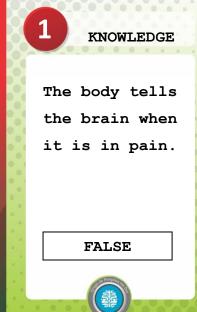
















Exercises can release substances that decrease pain.

TRUE



