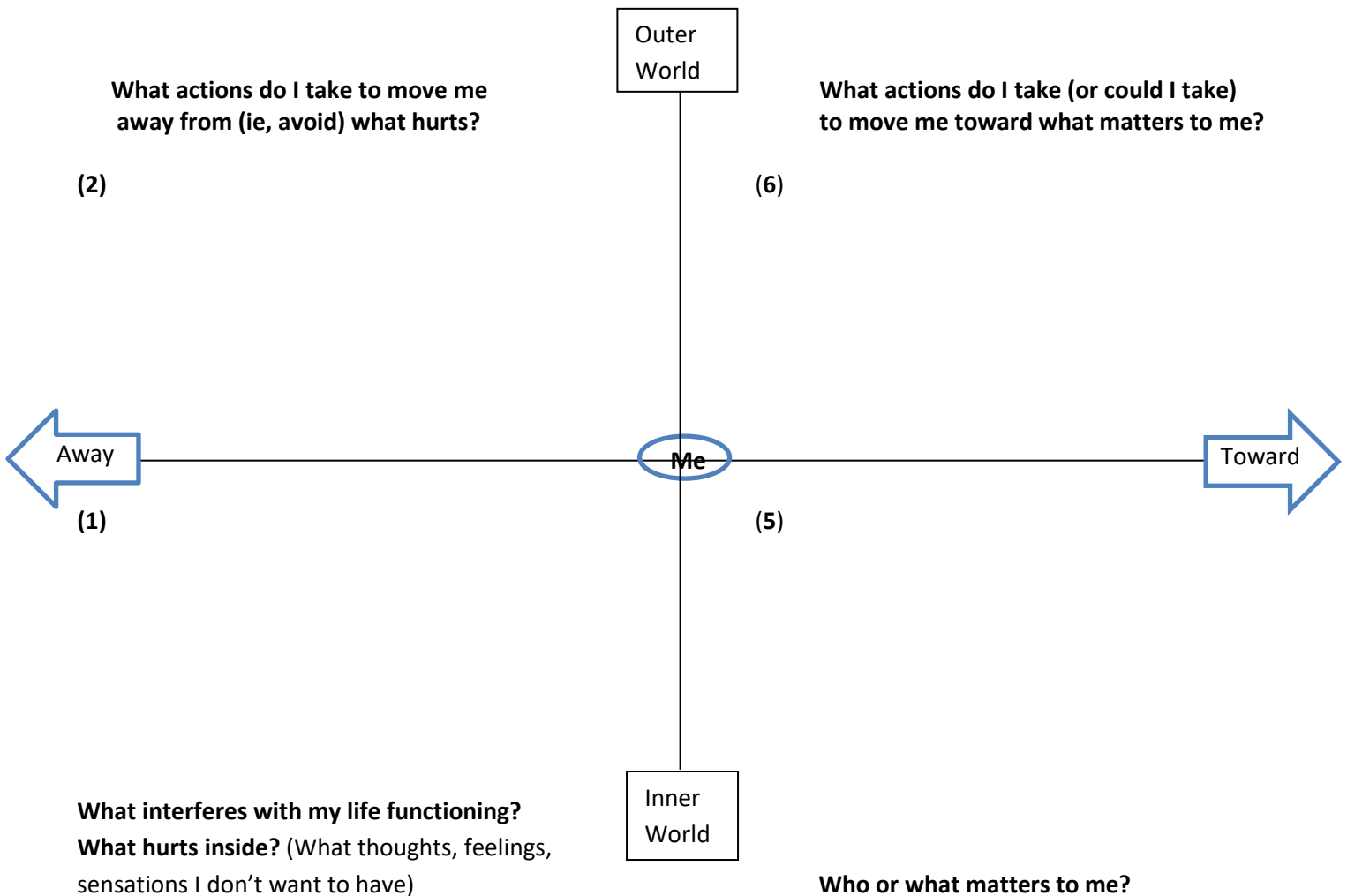


The Pain Matrix

This exercise can help you understand your experience with pain – or anything else you don't like for that matter (anxiety, frustration, etc.). Everything above the horizontal line is what happens outside the body (like what you do). Everything below the horizontal line is what happens inside the body (like your thoughts, feelings, and pain). The left side represents moving away from (what hurts and what you do to avoid/control what hurts or don't want to have) and the right side represents moving toward (what matters to you and what you do to move toward what matters to you).



3. **Have the moving away strategies helped me move toward who and what matters to me?**
4. **What have the moving away strategies cost?** (Quality of life, time, expenses, side effects, etc.)