

Sense of Danger

Protectometer

"Pain occurs when the brain concludes there is more evidence of danger related to the body than evidence of safety related to the body."

Sense of Safety

10-9

8-7

6-5

4-3

2-1

1-2

3-4

5-6

7-8

9-10

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Protectometer

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Sense of Safety

Things you believe about your pain

Future concerns

I can't do what I enjoy.

Am I going to be able to keep my job?

If I try it could easily get worse.

Things you do or may do

Future concerns

Things people say or have said

A clear plan from this coach/therapist gives me direction.

Things you do or may do

walking definitely eases pain.

bending over
Lifting awkwardly
Laying in bed

Is it going to get worse?

How this defines you

Things people say or have said

I feel I've become a social recluse.

I'm losing my spark!

Places you go

The doctor/therapist said ...

My friend's friend has this and I hear is getting worse.

People in your life

I have a somewhat reliable support system.

Places you go

I've learnt I can move if I don't tense up

My Bed.
My office chair.
Long car rides.

Things you say to yourself

I'm worried that they are missing something and not taking this seriously.

Things you say to yourself

I determined to overcome this.

I'm willing to do what I need to.

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