

The [Pain Truth videos](#) & [Workbook](#) are part of a **6-week program** and aim to improve the quality of life and the management of your persistent pain.

It is **absolutely essential** to complete the activities and instructions outlined in *The Pain Truth and Nothing But! Workbook*.

(Video is on www.youtube.com) (Workbook is on www.amazon.ca)

Pain Truth Video #2 **Transcript**

Before we begin, I make an assumption that you've already seen a physician who has ruled out serious medical issues. So let's begin.

We can all appreciate that broken bones can cause pain. Torn muscles and ligaments can cause pain. The truth is that broken bones and torn muscles usually heal within 6 weeks; in extreme cases they may take up to 3 months. So, if you've had your pain for longer than 3 to 6 months, there is a good chance that whatever was injured has already adequately healed and may no longer be the sole cause of your pain.

You may have been told that you have arthritis or degeneration based on your x-ray. It's important to mention here that the vast majority of arthritis or disc changes seen on x-rays are normal and are seen in 90% of adults who have no pain. If your x-ray shows disc narrowing, be happy, it's simply a sign of normal, healthy aging.



If you've had an MRI, you've likely been told that you have disc bulges. Once again, over 70% of adults with no pain have disc bulges on their MRIs. Unless you have obvious weakness in your legs or loss of sensation in your foot, the disc bulges are just normal, so rest assured that recovery is still possible.

So, if nothing is broken, nothing is torn and disc bulges are mostly normal, why is the pain still so bad? After months of being in pain, you may have now developed a **hypersensitive nervous system**.

Although there may certainly still be some injury in your back, neck, knee, or shoulder, a **hypersensitive nervous system** may be **magnifying your pain**. When nerves, the spinal cord and the brain all experience pain for a long time, they become sensitized. In other words, they become really good at feeling pain.

Scientists have shown that when someone has pain for a long time, the body map in their brain changes. These changes cause the brain itself to become much more sensitive- you could say **smarter and better at feeling pain**.

Interestingly there is no one part of the brain that is designated for feeling pain- **every part of the brain appears to be responsible for feeling pain**, such as the parts responsible for vision, smelling, hearing and feeling of emotions such as fear, sadness and anger.



That's why some people notice that their neck pain increases when they drive past the intersection where they had an accident and some people's neck pain increases when they have to deal with their mother-in-law or an insurance company adjuster. Just appreciate that what we see, what we hear, our thoughts and experiences all influence our pain sensation.

So why does this happen?

From the moment you wake up and open your eyes in the morning, your brain is asking, **“Is my body or my life safe or am I in danger?”**

Subconsciously, your brain asks itself millions of questions within the first few seconds of waking up and it goes something like this.

Am I breathing? Yes? ...good! Next

Is my heart beating? Yes? ...good! Next

Is there a roof over my head? Yes? ...good! Next

Can I move my arms and legs? Yes? ...good! I'll try getting out of bed.

Do I have to go to the bathroom? Yes? ...better get out of bed now!

Is the bathroom floor cold? OK, I'll put on my slippers

And so on and so forth ...and for the entire day your brain will process billions of pieces of information to help keep you comfortable, safe and out of danger.

To keep you alive, your brain is constantly judging if you are safe or in danger, by calculating how much physical and emotional stress you are experiencing.

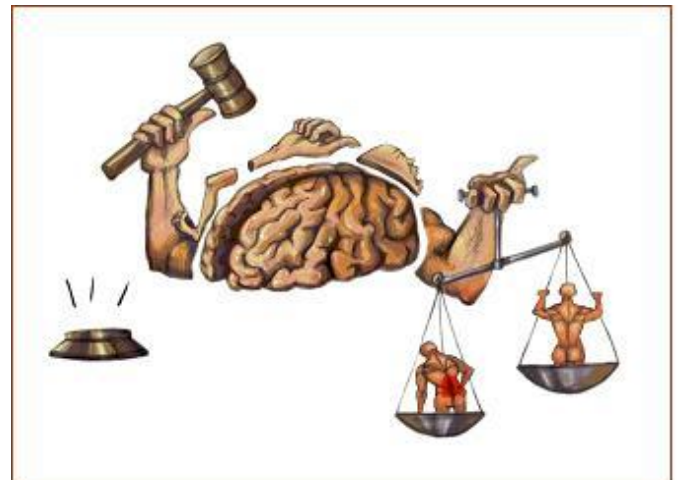
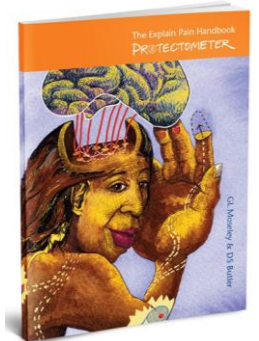
The terms DIMs and SIMs are described in **“The Explain Pain Handbook: Protectometer”** Moseley & Butler.

A DIM (Danger in Me) is anything that your brain perceives as being dangerous and a SIM (Safety in Me) is anything that your brain perceives as being safe.

Imagine that your brain is holding an apothecary scale and is constantly judging if it is more in danger or more in safety. If the scale tips more towards the “Danger” side, the brain and the nervous system become more sensitive to pain.

If the scale tips more towards the “Safety” side, the brain and the nervous system calm down, remain relaxed and become less sensitive to pain.

Please grab a pen and answer the 10 D (Danger) and 10 S (Safety) questions.



To calculate Your "D" Score please circle the most accurate number AFTER reading the descriptions. If you need a bit of extra time to think about a question, simply pause the video, and then continue again.

___ **Pain stress**

- 0- You have full control over your pain; it is manageable and mild
- 10- You have no control over your pain; it is unpredictable, constant and severe... it's as if the pain has a mind of its own

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹

___ **Work stress**

- 0- You have no work stress, your job situation is perfect
- 10- You have tremendous stress and anxiety at your work or your current lack of work

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹

___ **Family stress**

- 0- You have no family stress or issues, everything is lovely
- 10- You are dealing with a lot of family issues and stresses including spouse, parents, kids, in laws

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹

___ **Friend/social stress**

- 0- You have a great social life and have close friends that you regularly see and get along with
- 10- You do not have a social life at all and/or are dealing with conflicts with friends

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹

___ **Financial stress**

- 0- You have no financial stresses or worries, money is not an issue
- 10- You are dealing with a lot of financial stresses and have tremendous worries over your current money situation

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹

___ **Insurance/legal stress**

- 0- You have no insurance or pending legal issues
- 10- You are very stressed because of your insurance company, adjustor, and/or lawyer and have an ongoing litigation

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹

___ **Fear of not recovering**

- 0- You are 100% hopeful and optimistic of recovery
- 10- You are extremely fearful and worried about never getting better

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹

___ **Low mood /sadness**

- 0- You rarely feel sad and rarely feel down
- 10- You have been diagnosed with depression and feel it is not still well controlled

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹

___ **Worry over x-rays & MRIs**

- 0- You are not at all concerned about your x-ray or MRI
- 10- You are extremely worried about your x-ray and MRI results and have searched the internet to learn more, making things worse

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹

___ **Other health problems**

- 0- You have no other health problems outside of your current pain condition
- 10- You have other health issues such as diabetes, high blood pressure, digestion issues, heart issues, weight gain, etc.

☺ 0 1 2 3 4 5 **6 7 8 9 10** ☹



Now pause the video and add up all the scores for the questions
(Note: Every score of 10 is counted as 20) Your D Score: ____

To calculate Your “S” Score please circle the most accurate number AFTER reading the descriptions.

___ **Current level of physical activity**

- 0- You are currently not involved in any physical activity and basically rest and lie down for most of the day
10- You do at least 1 hour of mild to moderate physical activity everyday such as walking, Yoga, swimming, gardening, etc.

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺

___ **Level of family support**

- 0- You have no family support and feel no one cares about your situation
10- You have a great supportive family that is always there to listen and help you if needed

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺

___ **Job/employer/co-worker satisfaction**

- 0- You hate your job, your employer and your coworkers
10- You absolutely love your job, your employer and all your coworkers

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺

___ **Quality of diet/smoking/alcohol habits**

- 0- You skip meals, eat fast food for every meal, smoke and regularly drink more than 3 servings of alcohol
10- You eat fresh fruits and vegetables every day, don't smoke and occasionally drink one serving of alcohol

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺

___ **Satisfaction with health care providers**

- 0- You are extremely dissatisfied with your doctors and therapists and regularly search for answers on Google/internet
10- You are extremely happy with your doctors and therapists; they're caring, knowledgeable and have your best interest in mind

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺

___ **Time spent outdoors/in nature**

- 0- You are basically always indoors, either in your home or at work and spend no time outdoors
10- You spend at least one hour a day outdoors with nature or in a park seven days a week

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺

___ **Practicing relaxation & mindfulness**

- 0- You don't put any time aside for relaxation, are constantly on the go and your mind chatters the entire day and even nights
10- You consciously put at least one hour aside every day for relaxation, breathing, meditation and mindfulness

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺

___ **Quality and quantity of sleep**

- 0- You do not sleep well at all, your sleep is interrupted and every morning you wake up tired
10- You are a perfect sleeper; get 7-8 hours of sleep every night and every morning you wake up refreshed

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺

___ **Detailed life goals and plans set**

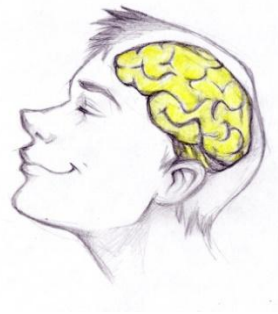
- 0- You don't have any specific short or long term goals with your recovery or with your life (being pain-free is not a goal)
10- You have clear short term and long term health, social life and career goals; all written down on paper knowing exactly what you would like to achieve in 3 months, 1 year and in 5 years from now

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺

___ **Current level of “fun” in your life**

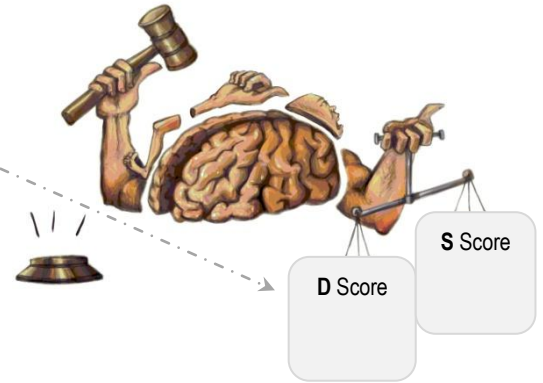
- 0- You don't put any time aside for fun activities and there is nothing that you consider as fun or enjoyable anymore
10- You consciously put at least one hour aside every day for fun activities

☹ 0 1 2 3 4 5 6 7 8 9 10 ☺



Now pause the video and add up all the scores for the questions
(Note: Every score of 0 is counted as a minus 10) Your S Score: _____

Hopefully now you have added up your Danger & Safety numbers. Go ahead write your D & S scores in the grey boxes. Which side of the apothecary scale will your brain judge to be more dominant? ...the danger side or the safety side?



However, the scale is not perfectly linear; sometimes just one single stress factor can be enough to heavily tilt your scale. For instance if **sadness, fear, job or family stress** is a 9 or a 10 ...they are heavy “Dangers”!

Your goal must be to increase your overall Safety score and lessen your Danger score. If you are going through this video, it is likely that your danger side is more dominant. The good news is that there are many ways you can tilt your scale towards the safety side.

When the scale favours the **Safety** side, the brain produces powerful chemicals that help reduce pain such as **morphine and serotonin**. However, when the scale favours the **Danger** side, the brain **stops producing these powerful chemicals**.

Please go back to the 20 questions that you just answered, and place a check mark in the box beside the areas that are important to you and that you would like to positively change.

While reading the questions, re-do the Danger (D) and Safety (S) questions however this time answer the D & S questions the way you would **ideally like things to be**. Instead of circling the answer, write your ideal and realistic number on the line to the left the box. For example if your **Time spent outdoors/in nature** score is now a 2, you may decide that that number in an ideal world would be an 8. If so, write the number 8 over the line beside the box.

e.g. **8** Time spent outdoors/in nature

Summary of Scores

Your **current D** score is _____

Your **current S** score is _____

Your **ideal D** score is _____

Your **ideal S** score is _____

Okay, now that you have re-answered the questions the way you would ideally like things to be, it is essential for you to accept that the ideal score is within your reach.

On a scale of 0-10 how important is it for you to reach your D & S scores?

(Not important at all) 0 1 2 3 4 5 6 7 8 9 10 *(Extremely important)*

On a scale of 0-10 how confident are you that you can positively change your D & S scores by even a small degree?

(Not confident at all) 0 1 2 3 4 5 6 7 8 9 10 *(Extremely confident)*

Now that you agree that changing your D & S scores is important for your recovery, you need to identify your primary D's and S's and brainstorm on what immediate actions you can take to improve your scores in order to reach your ideal scores.

In Part 3 of the Pain Truth video we will discuss direct actions you can take to positively tip your scale towards the Safety side. **Please now do the exercises described in the *Pain Truth Workbook*.**