

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services.

www.bartshealth.nhs.uk/pals

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All our patient information leaflets are reviewed every three years.

Patient information

Understanding your pain: The pain cycle

Pain can influence the way you think, the way you behave and your emotions. Equally, thoughts, your behaviour and your emotions will affect your pain and how well you tolerate it.

Inside this leaflet you can see how thoughts, behaviour and emotions can affect your pain and other physical problems and vice versa. For example, if you are in pain, you can feel hopeless and so you're thinking becomes more negative as you think, 'what is the point?' As you think there is no point to anything, or that you will not enjoy things, you might decide to stay home instead of going out, and then you will just focus on the pain more rather than be distracted by something pleasurable.

The boxes show common difficulties people have whilst they are in pain. The words around the ring show ways of helping to break the pain cycle.

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0207 377 7872.



