

1. Take a look at some of the common beliefs about coping. Do you think you have any of these beliefs? Rate how much you believe each one to be true (where 0 = not true and 10 = very true).

Coping Belief	Rating (0 - 10)	Coping Belief	Rating (0 - 10)
My pain will become unbearable		Chronic pain will destroy my life	
Things will get worse and worse		My chronic pain shows that activity is damaging my body	
Things will never get better			

2. Let's challenge your strongest coping belief: \_\_\_\_\_

3. Do you know for sure this is true?

4. If you had to convince someone that this was not true, what would you say?

5. What are the benefits of holding this belief?

6. What are the downsides of holding this belief?

7. Now rerate how much you believe this belief to be true (where 0 = not true and 10 = very true):

8. Take a look at some of the common beliefs about control. Do you think you have any of these beliefs? Rate how much you believe each one to be true (where 0 = not true and 10 = very true).

Coping Belief	Rating (0 - 10)	Coping Belief	Rating (0 - 10)
I have no control over my pain		There is nothing I can do when my pain increases	
Only doctors can help me now		Someone should be able to cure this	
Nobody cares about me			

9. Let's challenge your strongest control belief: \_\_\_\_\_

10. Do you know for sure this is true?

11. If you had to convince someone that this was not true, what would you say?

12. What are the benefits of holding this belief?

13. What are the downsides of holding this belief?

14. Now rerate how much you believe this belief to be true (where 0 = not true and 10 = very true):

15. Take a look at some of the common beliefs about you and your body. Do you think you have any of these beliefs? Rate how much you believe each one to be true (where 0 = not true and 10 = very true).

Coping Belief	Rating (0 - 10)	Coping Belief	Rating (0 - 10)
My body is falling apart		I should be able to do what I used to do	
I am worthless if I cannot do my job		I cannot enjoy anything while in pain	
I am weak and pathetic		I am a burden on others	

16. Let's challenge your strongest belief: \_\_\_\_\_

17. Do you know for sure this is true?

18. If you had to convince someone that this was not true, what would you say?

19. What are the benefits of holding this belief?

20. What are the downsides of holding this belief?

21. Now rerate how much you believe this belief to be true (where 0 = not true and 10 = very true):