

Guide for Parents to Identify Their Child's Mindset and Redirecting It.

This worksheet contains some examples of the mindset your child may have when they are suffering from chronic pain. Your child may be using different words to express their feelings. This worksheet can also be used as a guide by parents to help their children shift their thinking about their pain and their ability to take charge instead of feeling like a victim to their pain.

Some columns have multiple statements, you can use what seems most appropriate in your child's case.

<i>Reactive Statement</i>	<i>Proactive Statement</i>
Why does this happen to me?	I don't know why this happened to me, but I'm sure there is a way to make it feel better.
Nothing helps my pain I tried it, but it doesn't help my pain	<ul style="list-style-type: none"> ● It hasn't helped my pain YET, but I will give it enough time and effort to see if it works. ● I will try something else, if it still does not work.
I have no control over my pain	<ul style="list-style-type: none"> ● I can train train my brain! ● I hope to learn and practice other techniques to help decrease my pain.
I don't want to be different from other kids at school	<ul style="list-style-type: none"> ● Different is not Good or Bad ● My pain may not let me do things like other kids, but I will learn to do the things I can, DESPITE my pain, so that I can feel part of the school.
I will go to school/sports when my pain is all gone	If my pain makes it hard to be in school all day/do sports, I will try to start or keep doing whatever I can, while my pain gets better.
My pain is too severe to do any homework	<ul style="list-style-type: none"> ● If my pain is severe, I may need to take breaks, and then continue to do my homework slowly. ● I may need longer to do my homework when my pain is bad ● I may need and ask for help with....
I can only manage pain at home	Although I feel most comfortable at home when I'm in pain, I want to find ways to manage it when I have to go outside.
My pain is only better when I'm playing video games/watching TV	Like I use video games/TV/music for managing my pain sometimes, there may be other things I can/need to learn that would help me with my pain.
My parents only pay attention to me when I'm in pain	My parents love me regardless of my pain.