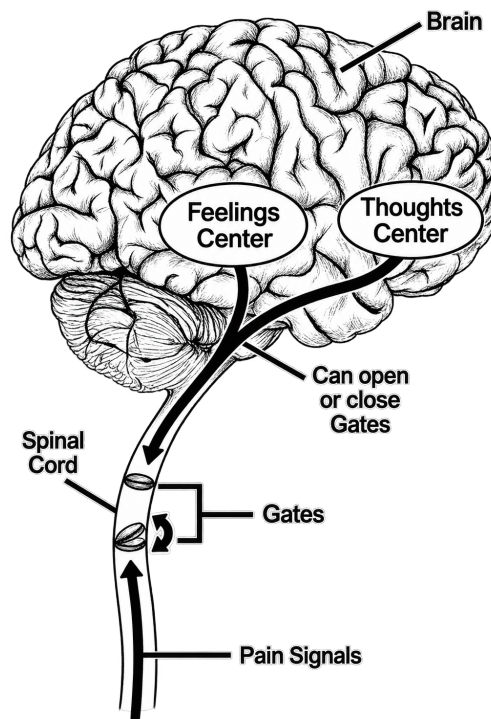


Pivot Behavioral Health

Brain and Pain

Instructions: The pain gate is a way of understanding how different physical, emotional, cognitive, behavioral, and environmental factors can influence how strongly pain signals are experienced. First, think about factors that tend to **open the gate**—that is, increase or amplify your experience of pain. These might include fatigue, muscle tension, stress, anxiety, sadness, thoughts or beliefs about pain, or overexerting yourself. Next, identify factors that can **close the gate**—that is, reduce or dampen your experience of pain. These might include movement, relaxation, enjoyable or meaningful activities, social connection, helpful thoughts about pain, or problem solving. Focus on factors that are relevant to your own experience of pain and that you may be able to influence or change. It is okay if some factors sometimes open the gate and at other times close the gate.

Date: _____



Open the Gate

List some things that can *open* the pain gate:

Close the Gate

List some things that can *close* the pain gate:
