EXERCISE: TAKING NOTE OF ADVANTAGES & DISADVANTAGES OF PAIN AND NON-PAIN BEHAVIOUR

EXERCISE:

1. Please write down what you think are advantages and disadvantages of pain behaviour:

Advantages	Disadvantages
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. Now, reflect on the advantages and disadvantages of non-pain or 'not showing' pain behaviour:

Advantages	Disadvantages
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____