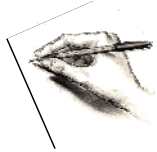


Try to think about difference between assertive, passive and aggressive communication. Assertiveness is difficult at first, especially for people who are not used to communicating their needs this way.



**The following WORKSHEET may help you keep track of your pain behaviour in your everyday life.**

Now, think back on your every-day life and try to recall the following:

- **Your own pain behaviour**
- **Pain behaviour and its effect on other people**

1. **Consider** how and to whom you personally communicate your pain problems.

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2. What do your close family members see and hear about your pain?

**Note some of your pain behaviours at home.**

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3. What do friends see and hear about your pain?

**Note some of your pain behaviour when with them.**

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4. What do strangers see and hear about your pain?

**Note some of your pain behaviour in public (the street, stores, waiting room, etc.)**

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5. Are you happy about the image that these people have of you?

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## Make resolutions to change your pain behaviour.

[illegible]