



## CLARIFYING COMMON THOUGHTS ON TENSION AND RELAXATION

| Common thoughts on chronic pain  | Is this true or false?   | Explanation   |
|--|--|---|
| <i>If doctors can't find anything wrong with someone who claims to suffer with chronic pain, there is nothing wrong with them and they are just exaggerating to get attention.</i> | <b>FALSE</b><br>  | <ul style="list-style-type: none"><li>Chronic pain can have signs and symptoms that don't match with medical expectations based on what professionals know about the human anatomy and physiology. This doesn't mean that the person is not feeling pain.</li></ul>             |
| <i>Women and men have the same risks for developing a chronic pain condition.</i>  | <b>FALSE</b><br> | <ul style="list-style-type: none"><li>Women typically report more frequent and/or severe pain than men.</li><li>Women are more at risk for developing painful disorders like migraines, temporomandibular joint disorder, fibromyalgia, and irritable bowel syndrome.</li></ul> |