










## CLARIFYING MYTHS ON PAIN FLARE UPS

There are some common thoughts on setbacks and flare ups and it is not easy to know which ones are true and which ones are false. You may have heard certain things about flare ups or you could have had your own experience of it. Relying on false information can be serious and may lead to dangerous situations.

Please see the following list of common thoughts on pain flare ups, then look in the box next to it see whether that statement is true or false. You might be surprised about certain answers; it helps to look at the explanation box to see why that common thought turned out to be either true or false.

Common thoughts on pain and setbacks	Is this true or false?	Explanation
<i>Having a setback plan is like saying that something will go wrong with the original plan. It's like setting yourself up for failure!</i>	<b>FALSE</b> 	<ul style="list-style-type: none"><li>▪ Preparing a plan for different ways of handling a situation that might go wrong is looking at things in a responsible way. It means that you are looking at your plan realistically which means that things don't always turn out the way we want them to.</li></ul>
<i>Everyone has setbacks.</i>	<b>TRUE</b> 	<ul style="list-style-type: none"><li>▪ Everyone experiences setbacks at some point during their life.</li></ul>
<i>Not drinking enough water can be a setback.</i>	<b>TRUE</b> 	<ul style="list-style-type: none"><li>▪ Dehydration can cause some pain or can make existing pain worse.</li><li>▪ Not drinking enough water can increase daytime fatigue and loss of concentration.</li></ul>

Common thoughts on pain and setbacks	Is this true or false?	Explanation
<i>Hormones have nothing to do with pain.</i>	<b>FALSE</b> 	<ul style="list-style-type: none"> <li>When estrogen levels are high, the brain's natural painkiller system responds more effectively when a painful experience occurs, releasing chemicals called endorphins or enkephalins that dampen the pain signals received by the brain. But when estrogen is low, the same system doesn't typically control pain nearly as effectively.</li> </ul>
<i>People usually know when they will have a setback.</i>	<b>FALSE</b> 	<ul style="list-style-type: none"> <li>Sometimes you may know that you are going to have increased pain because you did too much activity when you shouldn't have. But very often flare ups and setback are unexpected. They can happen anywhere and at anytime.</li> </ul>
<i>Positive thinking really does not help when coping with setbacks and nuisances that get in your way.</i>	<b>FALSE</b> 	<ul style="list-style-type: none"> <li>Encouraging thoughts can be very helpful when dealing with setbacks. It is good to remind yourself that you do know what to do and that after you have completed this program you will have the skills you need to solve most problems that you may encounter.</li> </ul>
<i>You are better able to deal with setbacks if you already have a plan in place.</i>	<b>TRUE</b> 	<ul style="list-style-type: none"> <li>When you are prepared and know what to do incase a setback gets in your way then the setback can become a lot easier to deal with and the whole experience is less stressful and discouraging.</li> </ul>

