



Pillar A2

Dispel misunderstandings and myths about chronic pain, the mind and body

It's a shame we can't have an instant polaroid photograph of every part of our body! If we could view the internal functioning of our body, perhaps scientists would be able to understand what's working and what isn't.

When something 'goes wrong' in the body, we tend to check it out, think about what it could be and match our current experience with anything we've had before in order to make a decision: is this worth worrying about? Should I try and do something myself or seek help to treat it? Etc. etc. etc.

Here are some common myths which tend to cloud our thinking and impact on the way we manage our pain:

Which of these twelve myths have you had experience with, either as a chronic pain sufferer or as a family or friend of one?

1. It's all in the head...
2. A pill can fix all pain
3. A scan will tell me what the matter is
4. More pain means more tissue damage – and vice versa
5. The doctors should be able to cure me
6. Being in pain makes me weak
7. Chronic pain is forever
8. If I have it, my kids will too
9. No pain, no gain
10. Pain is inevitable with age
11. When pain flares up, go to bed
12. Lifestyle changes will cure everything