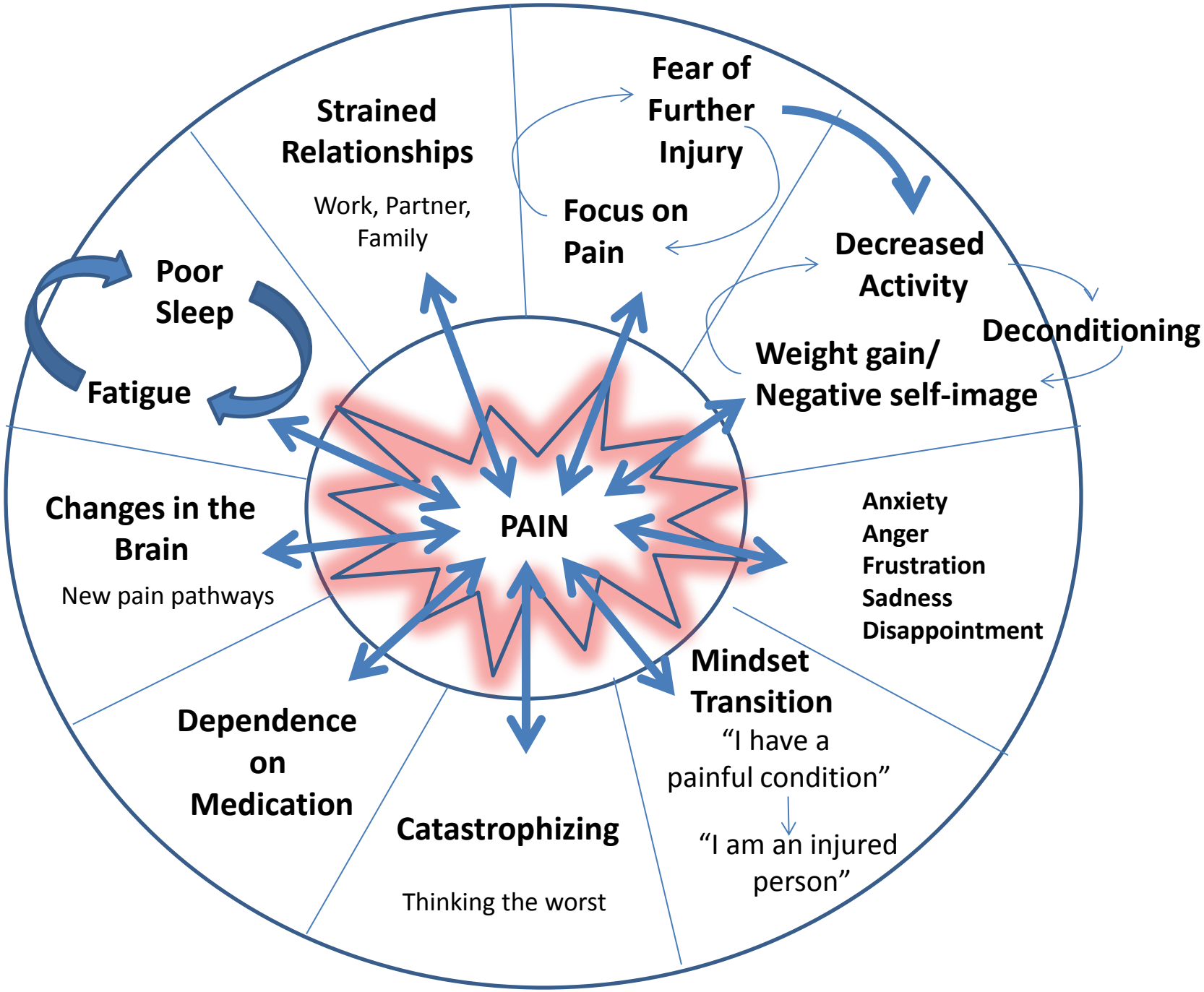
Strained Relationships
Work, Partner, Family
Fear of Further Injury
Focus on Pain
Decreased Activity
Deconditioning
Weight gain/ Negative self-image
Poor Sleep
Fatigue
PAIN
Changes in the Brain
New pain pathways
Anxiety
Anger
Frustration
Sadness
Disappointment
Mindset Transition
"I have a painful condition"
"I am an injured person"
Dependence on Medication
Catastrophizing
Thinking the worst