

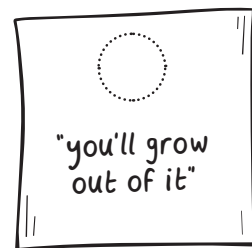
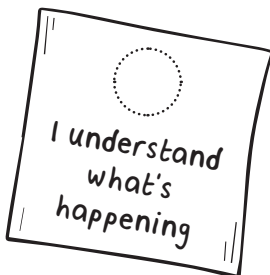
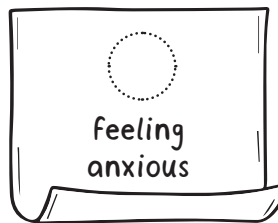
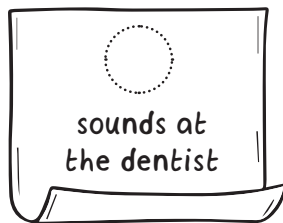
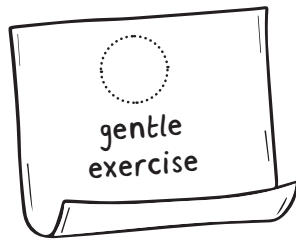
# Pain volume (part 1)



Ponder parts of your life while reading the notes.

Draw a plus symbol  $+$  for things that can turn the volume **UP** on your feelings of pain.

Draw a minus symbol  $-$  for things that can turn the volume **DOWN** on your feelings of pain.



$+$   $-$   
\* These examples can be a plus or a minus!  
It depends on your situation at the time.

Any others?

