

# Pain volume (part 2)



Think about parts of your life again. Think of things that happen to you, or that you think or see or hear. Write them into the notes here and then:

- Draw a plus symbol  $\oplus$  for things that can turn the volume **UP** on your feelings of pain.
- Draw a minus symbol  $\ominus$  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.