THE DANGER SCALE

SAFETIES

Things happening in your body

Things you hear or see

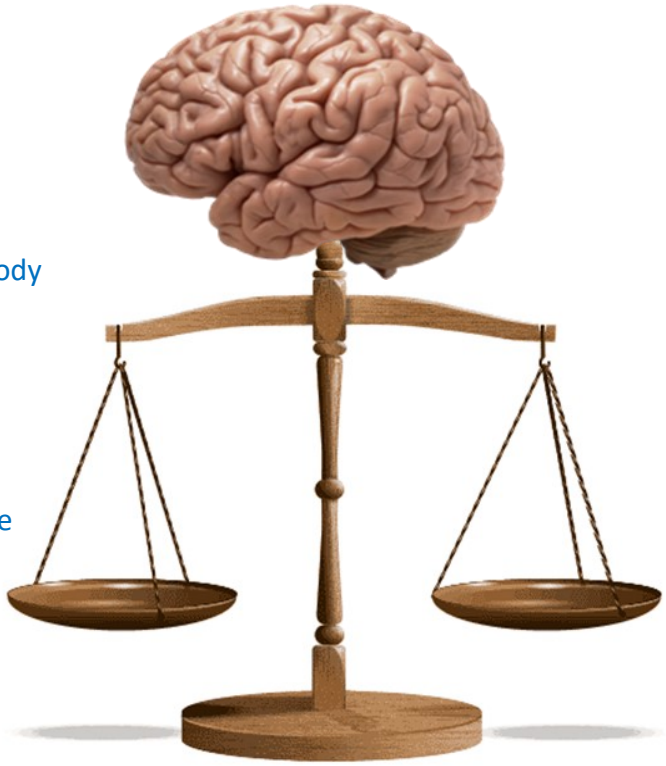
Things you do

Things you say

Things you think and believe

Places you go

People in your life



DANGERS

Things happening in your body

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Inspired by: Moseley, GL and Butler, DS (2015) *The Explain Pain Handbook: Protectometer*

Remember that, *at all times*, Central Command is taking and analyzing reports and intel from the Body, the Brain and the World Around Us.

At any point, if Central Command feels that there is enough danger…*or potential danger*…it will activate any number of protective mechanisms (Outputs) such as pain, muscle spasm, swelling/inflammation, heart rate changes, breathing changes.

The more "danger" that is perceived, the stronger the response.

Anything that can shift the balance in the Scale will change your pain.

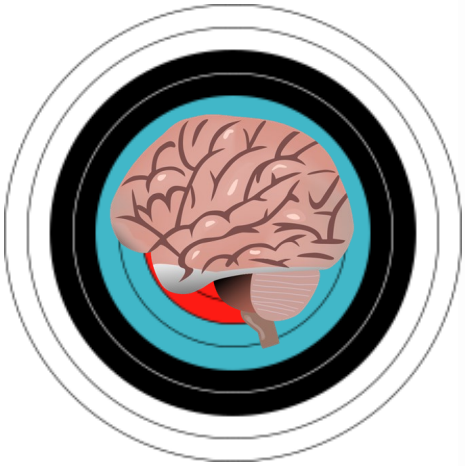
Good news!: Understanding this is the first step to overcoming it.

Now...thinking about YOUR Danger Alarm System, and all of the things that influence it...on either side...please take some time to consider listing some of them, as broken down below. Feel free to elaborate, if you wish.

Things Happening In Your Body

Dangers:

Safeties:



Things You Do, Things You Say, Things You Think and Believe

Dangers:

Safeties:

Things You Hear or See, Places You Go, People In Your Life

Dangers:

Safeties: