



## Essential Pain Fact 3: Many factors influence pain

# How well do you understand your pain?

Understanding your pain takes time and effort.

Thousands of people have taken on the challenge of understanding their pain. Everyone is different but here are some common things that influence pain.

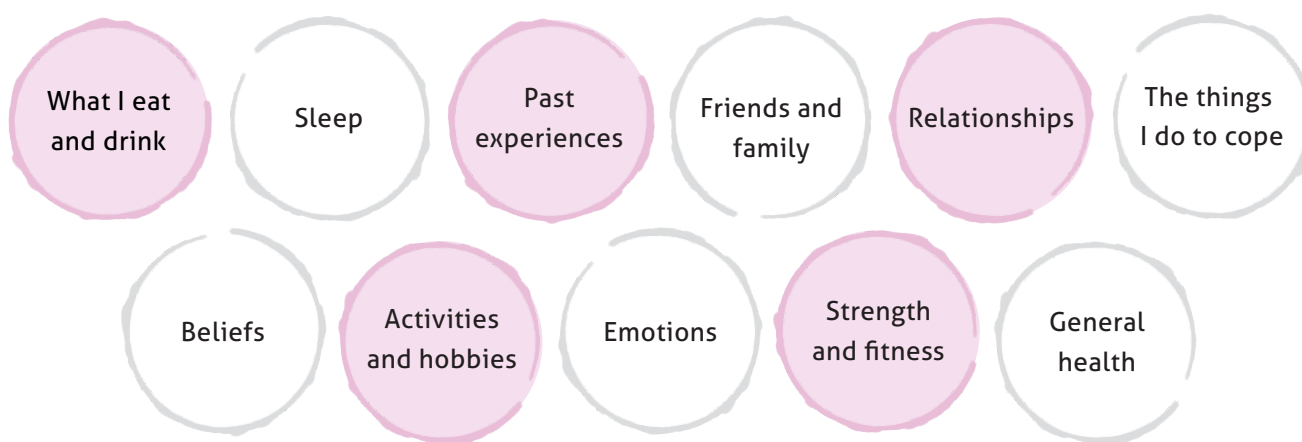




### Essential Pain Fact 3: Many factors influence pain

**Reflect back:** Remember how the car beeps to prevent you from hitting the pole? There are **many factors** that influence how quickly the car beeps.

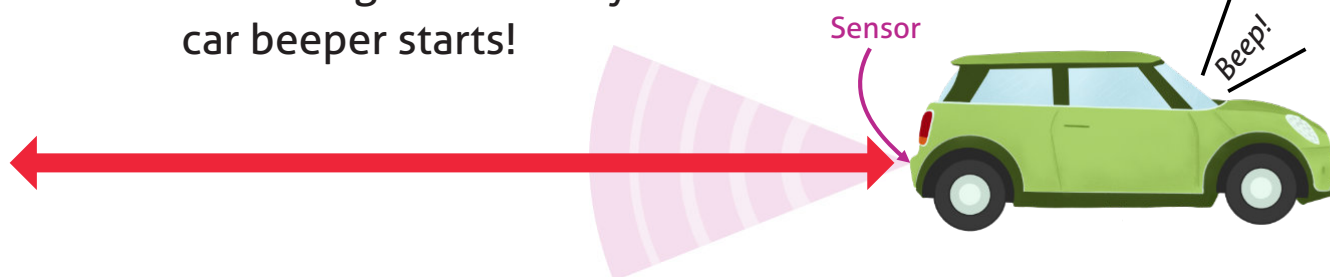
Pain system sensitivity can change based on what is happening in your life.



Circle the factors above that might be influencing your pain system.



Thinking about the circles  
you marked, learning how  
to reduce their influence  
will change how soon your  
car beeper starts!



How can you use your new understanding of pain to gradually recover?  
Read Fact Sheet 4 to find out.

