

# Gathering Evidence

(See evidence list worksheets)

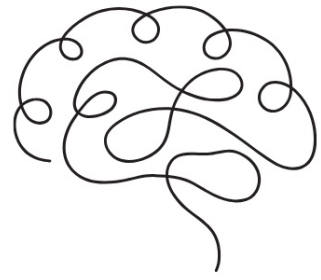
**The more evidence you gather, the more you will believe that your symptoms are neuroplastic, the more you can break the pain-fear cycle.**

## How do we gather evidence?

It is just like being an investigator. You want to build a case.

- Identify any biological instincts and impulses that you have that are not helpful judgments, or that are errors.
  - This can include beliefs about your pain
  - Emotions associated with pain
  - Behaviors associated with pain
  
- Identify any potential conditioned responses that you have.
  - Ex: You eat a bad piece of food and have a digestive symptom, you avoid that food due to fear that food is causing you damage.
  - Ex: Fear of walking associated with pain.
  - Ex: Fear of bending over to pick things up due to remembering the pain you had last time you bent over.
  - Ex: Running to google when you experience an uncomfortable symptom
  - Ex: Quickly resorting to prescription meds, alcohol, or other substances to numb the pain, feeling, or emotions.
  
- Identify lived experiences that confirm that the pain is neuroplastic.
  - Ex: Do you recall pain after an emotional or stressful experience?
  - Ex: Do the symptoms not relate to each other? Or are there multiple symptoms?
  - Ex: Does the pain move or is it inconsistent?
  - Ex: Are there instances when the pain behaves differently than if it were caused by a physical problem?
  - Ex: If you do not recall being in pain while engaged in an activity, we can assume that you were NOT in pain.
  
- Identify corrective experiences.
  - Ex: Did you find that using by using your skills you did not need to rely on pain medication, alcohol, or other substances?

# EVIDENCE LIST



The more evidence you gather, the more you will believe that your symptoms are neuroplastic, the more you can break the pain-fear cycle.

## BIOLOGICAL INSTINCTS

Beliefs about pain

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Emotions surrounding pain

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Behaviors associated with pain

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## CONDITIONED RESPONSES

Bad piece of food associated with digestive issues or adverse reaction.

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Pain with walking = avoiding walking.

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Bend over and feel sharp pain = fear of bending over.

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## LIVED EXPERIENCES

Pain that is inconsistent

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Pain following emotional distress

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Pain prior/following stressful situation

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Pain not congruent with an injury

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Do not recall pain with certain activities

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## CORRECTIVE EXPERIENCES

Somatic Tracking helps you approach pain and it improves, moves, changes.

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Utilized skills and didn't need to rely on medication, alcohol, or other substances.

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Participated in an activity without fear and no pain associated with it.

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Messages of safety helped improve symptoms.

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# EVIDENCE LIST



## BIOLOGICAL INSTINCTS

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## CONDITIONED RESPONSES

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## LIVED EXPERIENCES

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## CORRECTIVE EXPERIENCES

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