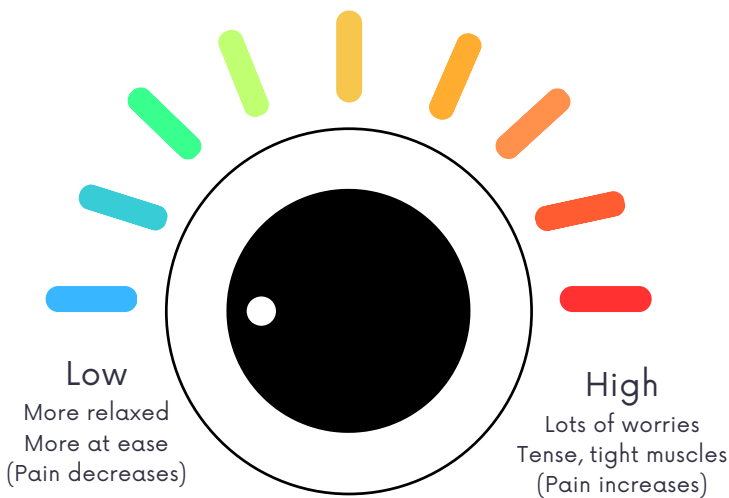


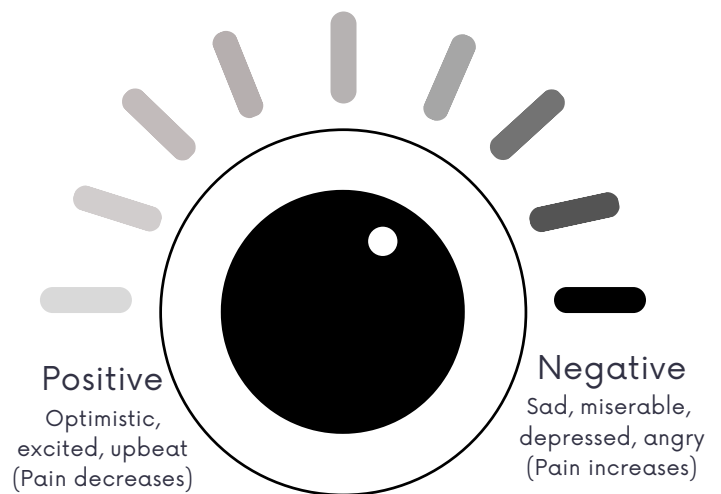
# CHRONIC PAIN: PAIN VOLUME

Think of your central nervous system like a stereo with dials that can be adjusted for volume, treble, bass, and so forth, all of which affect the experience of the sound. Instead of a volume dial, your central nervous system has a pain dial: you can turn pain volume up and you can turn pain volume down. In fact, there are four adjustment dials for pain: stress and anxiety, mood and emotions, attention/focus, and medication. The graphic below can help you visualize the pain volume and how it is affected by these four areas.

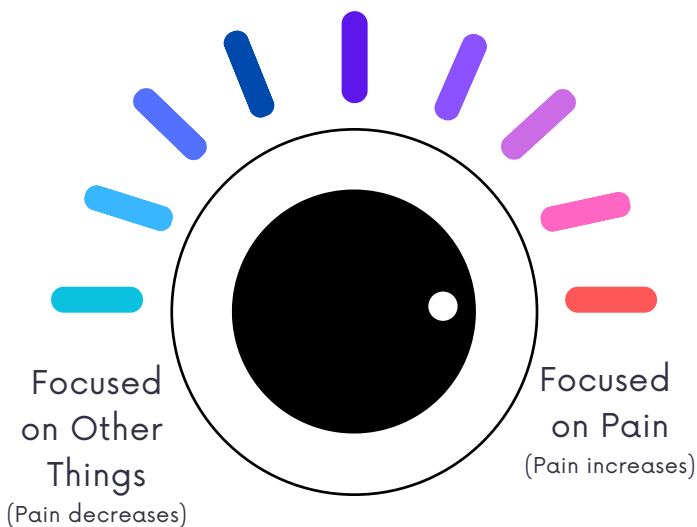
### Stress & Anxiety Dial



### Mood & Emotions Dial



### Attention/Focus



### Medication

