

The Path In (and Out) of CHRONIC PAIN

1

Challenging Childhood Experiences

During childhood, the nervous system learns to detect danger. With each experience that feels physically or emotionally unsafe, the brain learns to go into protective mode more quickly and its "alarm system" may become increasingly sensitive.



2

Coping Strategies

When faced with challenges, children often try to reduce conflict by behaving perfectly. This can lead them to become perfectionists and people-pleasers in adulthood. The cost that comes with that is a learned, ongoing state of tension and vigilance in the nervous system.



3

Health Experiences

Health scares during childhood can have a huge impact on how protective the nervous system becomes. Major surgeries, injuries, or incorrect diagnoses can lead to pain catastrophizing, increased amygdala activity, and a more intense experience of pain.



4

Everyday Adult Stress

When an overprotective nervous system meets the everyday stress of adulthood, it often responds by producing physical symptoms. This may show up in the form of headaches, stomach issues, muscle tension, back aches, rapid heart rate, and many more.



5

Major Life Events

Just as everyday stresses trigger physical symptoms, major life changes can often coincide with the development of new or worsened symptoms. Common events include:

- Change in relationship status
- Change in housing
- Death or loss of a loved one
- Change in employment or career
- Ongoing discrimination
- Change in financial standing
- Involvement in an abusive relationship
- Traumatic event



6

Chronic Symptoms

At any point, an overactive nervous system can hit its tipping point and begin the cycle of chronic symptoms. These symptoms may begin with injury, underlying pathology, or appear out of the blue. Common examples include:

- Migraines
- Fibromyalgia
- Fatigue
- Back pain
- Neck or shoulder pain
- Hand or wrist pain
- CRPS
- Knee pain
- Leg or foot pain
- Trigeminal Neuralgia
- IBS and other GI issues
- Lingering pain from an injury
- Other symptoms lasting >3 months



7

Learned Neural Pathways

The nervous system is exceptionally plastic, which means it can pick up habits easily. Pain is one of those habits. The more the nervous system "practices" activating a certain symptom, the easier it becomes to activate it again and again.

Managing The Chronic Pain Patient

Anthony S. Fauci



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