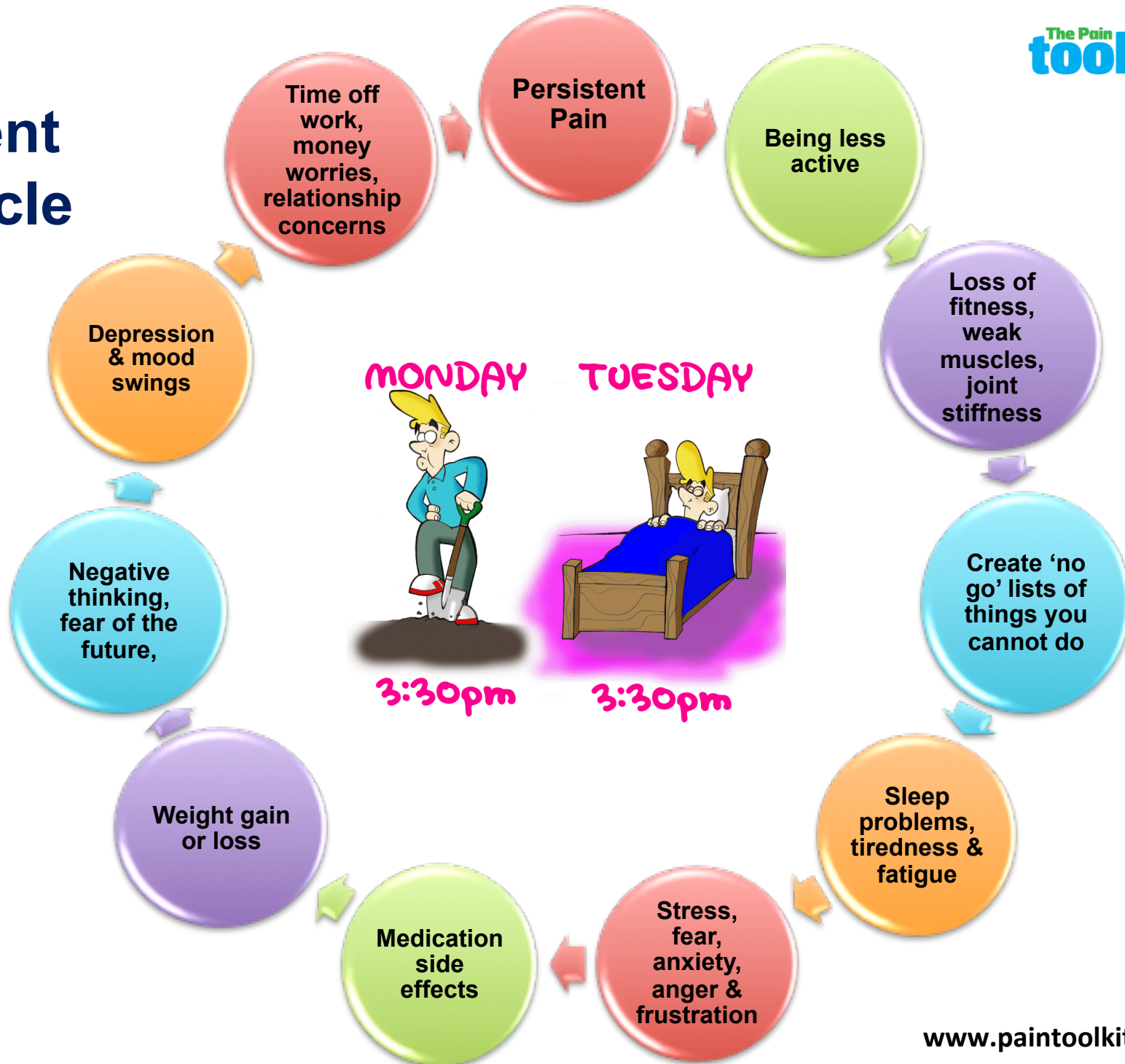


The Persistent Pain Cycle



Do you do *more* on good days and *less* on bad days?

Are you an over achiever – doing more than you have to?

Are you a people pleaser? Do you have a problem saying NO to others when you are asked to do things?