

Pain perception		Pain coping	
Overgeneralization	“I’ve <i>always</i> had back problems” “When you’ve been in pain many years, you know how to avoid getting noticed” “I haven’t been able to work due to my back”	Beneficial behavior	“Humor is a good thing” “The psychologist told me how I would react, percept things and act [when in pain]” “I’ll watch a movie on the TV or record it and watch what I can overcome” “I’ve got an iPad I can get distracted by [from the pain]” “But I try to focus on what’s positive”
Magnification and Minimization	-		
“All or nothing” thinking	“You’re tired of <i>always</i> being the one in pain who’s limited”		
Selective abstraction	-	Harmful behavior	
Emotional thinking	-		
Catastrophizing	“I’ve still got a lot of the same challenges” “I’ve definitely noticed that when my back gets tired, my arrhythmia gets worse”		“You’re more aware you’re alone because it’s difficult to focus on anything [when in pain]” “We [the family] don’t really deal with how I’m doing physically and mentally”
Personalization	-		