

## Myofascial Pain + Anxiety Cycle Worksheet

Use this worksheet to understand how pain, stress, thoughts, and habits interact. The goal is to notice patterns and begin shifting the cycle.

### 1. My pain pattern

Where do I notice pain or tension most?

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When does it show up most?

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### 2. What goes through my mind?

When I notice pain, my thoughts are:

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### 3. What do I do next?

Common responses (circle or note): clenching, checking, stretching, avoiding, reassurance seeking

My patterns:

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### 4. The cycle

Pain → Thoughts → Feelings → Behaviors → More pain

Fill in your cycle:

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### 5. A more helpful response

New thought:

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One behavior to reduce:

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One action to practice instead:

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### 6. My experiment

This week I will try:

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What I predict:

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What actually happened:

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