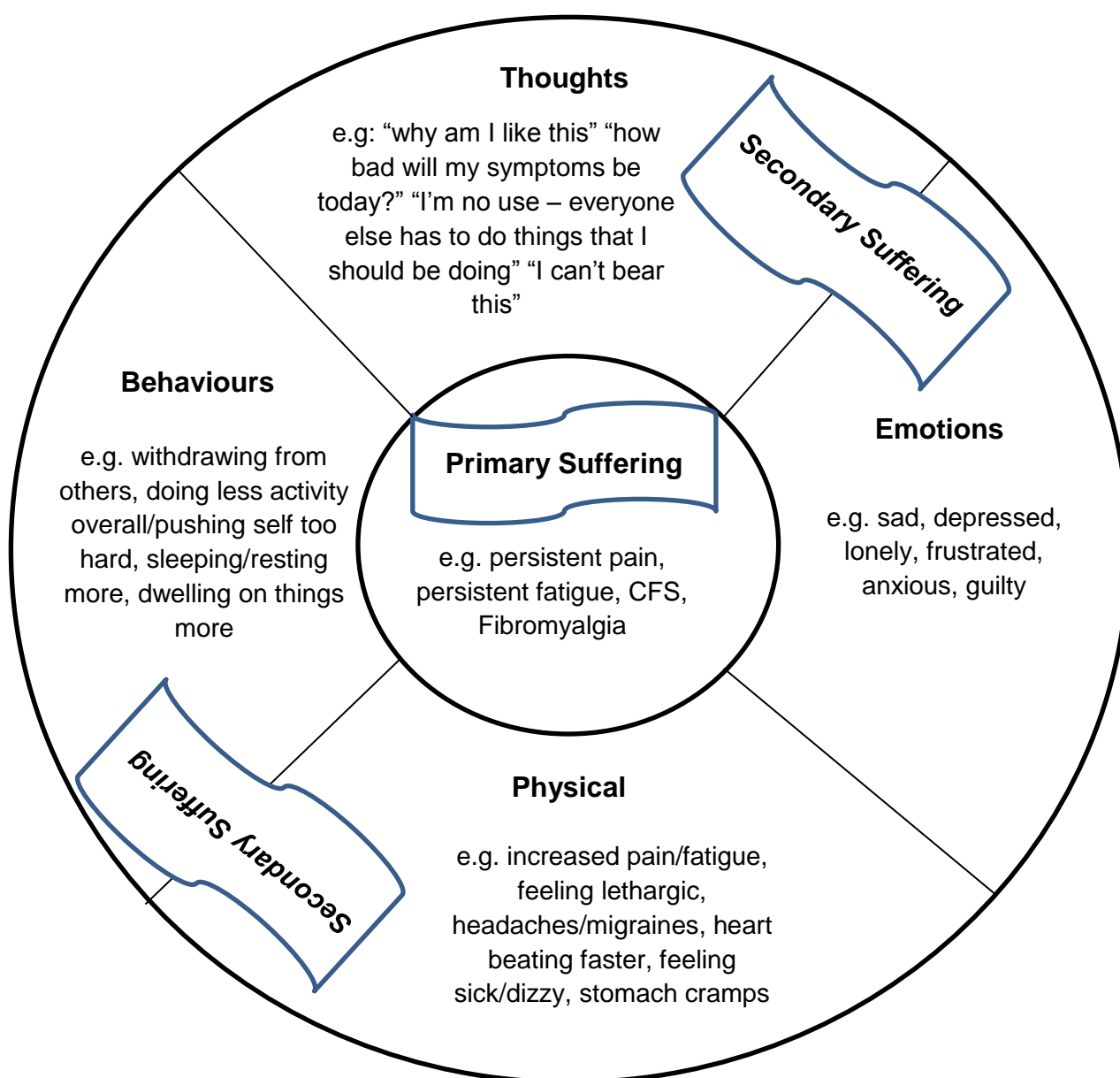


Worksheet 1.2

Primary and secondary suffering

The diagram below gives us a way of organising our primary and secondary suffering so that we can see how different areas link together. Thoughts, emotions, behaviours and physical sensations are tightly linked together and difficulties in one area often lead to difficulties in another.

For instance, as in the example below, a person experiencing persistent pain or fatigue may respond by doing less and resting more. This can lead to thoughts such as “I’m no use – everyone else has to do things that I should be doing”, which can then lead to feelings of anxiety and frustration. Anxiety and frustration can then lead to further physical sensations such as increased tension and therefore increased pain and fatigue.



Worksheet 1.2

Primary and secondary suffering

By identifying how this process impacts our own lives, we can begin to figure out ways to make changes.

Take some time to fill in your own Primary and Secondary Suffering using the diagram below.

My Primary and Secondary Suffering:

