




My DIMs and SIMs			<div>Remember:</div> <div>Anything that helps you feel:</div> <div><div>✓ Safer</div><div>✓ Stronger</div><div>✓ Better</div><div>✓ Healthier</div><div>✓ More confident</div></div> <div>Will help your pain level go down and improve your quality of life</div> <div></div>
DIMs Danger in Me	Category	SIMs Safety in Me	
	Current Environment (Includes things I hear, see, smell, taste & touch)		
	Behaviours		
	Beliefs		
	Past Experience		
	General Health		
<div>How do you turn down your DIMs?</div> <div></div>		<div>How do you build up your SIMs?</div> <div></div>	