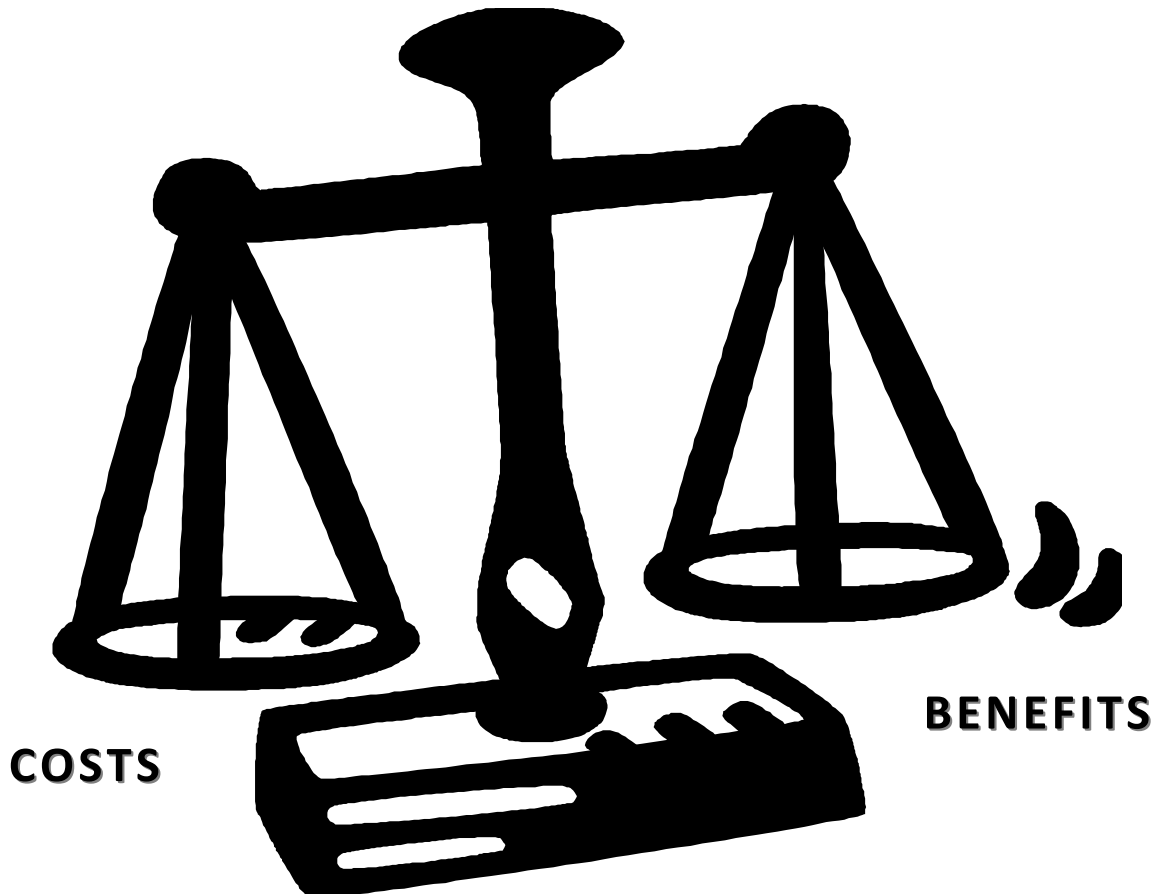


**DECISION MAKING FOR ANY ACTIVITY:**  
**A COST-BENEFIT ANALYSIS**



Making decisions is really important in the course of pain management. Every decision we make is implicitly weighed up in terms of the costs that we have to endure compared to the benefits that we enjoy. Every time you decide whether to climb a flight of stairs or walk for an extra two minutes, you're weighing up short-term difficulty vs long-term gain.