

Today is injection day  
**I AM THE BOSS OF MY BODY!**

**WHO IS GIVING ME MY INJECTION?**

Man



Woman



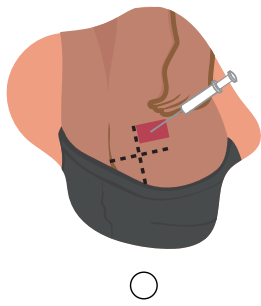
I don't mind



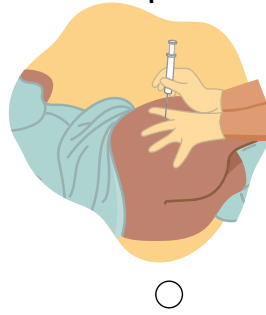
The person I usually see is:  
 \_\_\_\_\_

**WHERE I AM HAVING THE INJECTION?**

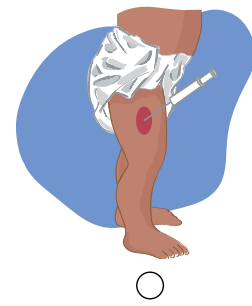
Upper buttock



Hip



Thigh



**I LIKE - before the injection**

Numbing cream  
 or spray



**Tell me** when you  
 are going to start



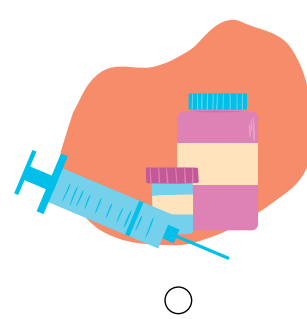
**Don't tell me** when you  
 are going to start



Pain Medicine



Numbing medication  
 in my injection



Warm up  
 needle



**I LIKE - during the injection**

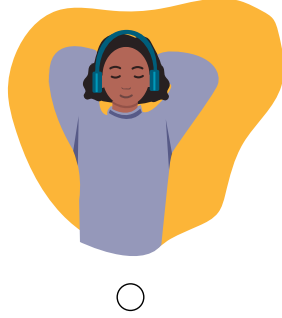
Bubbles



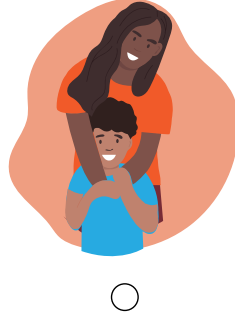
Reading



Videos/music



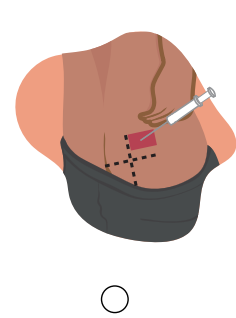
Holding hands/cuddles



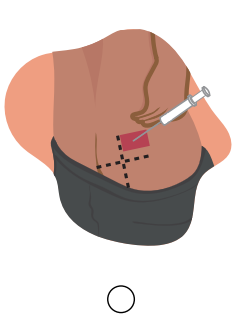
Buzzy bee



Give **FAST**



Give **SLOW**



Quiet - please don't  
 talk with me



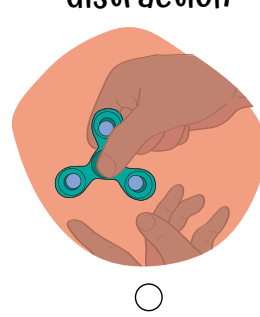
Talk with me



Ask me questions



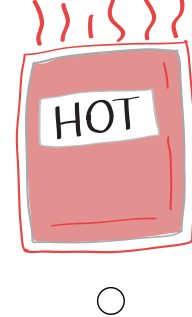
Relaxation/  
 distraction



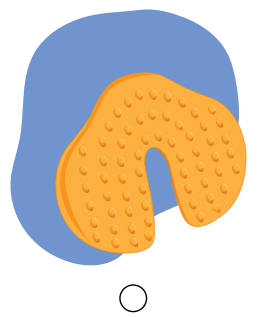
Cold pack



Heat pack



Shot blocker

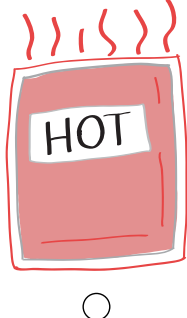


**I LIKE - after the injection**

Cold pack



Heat pack



Pain medication



Cuddles

