Welcome to American Chronic Pain Association. Since 1980 we have been providing peer support and teaching coping skills to people with pain and their families. One way we like to help them understand what it takes to live with pain is to use a car as an analogy. But our car has four flat tires. Our expectation is, if you give me the right medication that's all I need and I'll be able to live with my pain. The problem is, it only fills up one of our tires. So we have to ask ourselves, what else do we need to fill up the other tires? And for each of us it's different. As you go through and explore our web page, you'll begin to see some of the tools and coping skills that we offer to help you move from the mindset of a patient back to a person.