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## **Nexus, uncovered: on the relations between expectancy, avoidance, and somatic sensations**

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## Propositions

### Nexus, Uncovered:

#### On the Relations Between Expectancy, Avoidance, and Somatic Sensations

1. Evidence for the theory postulating that expectancies influence avoidance behavior comes primarily from the field of pain with little support from the field of itch and fatigue (*this dissertation*).
2. Negative pain expectancies do not seem to increase pain avoidance assessed through a game selection task (*this dissertation*).
3. Itch expectancies lead to itch avoidance (*this dissertation*).
4. The statistical interactions between pain, expectancies, avoidance, and other cognitive-affective and behavioral factors within a network varies across time and across individuals with chronic low back pain (*this dissertation*).
5. The body listens to how the mind thinks, and the mind changes based on how the body acts.
6. We continue to create predictions to perceive bodily sensations, sometimes in spite of new information that contradicts those predictions.
7. Like goldilocks and the three bears, it takes trial and error to develop an ecologically valid experimental paradigm.
8. When faced with a Gordian knot, one must use multiple instruments.
9. A sign of growth in experimental research (and in life) is accepting that one cannot control all the variables that can be controlled.
10. The carousel never stops turning, so the best choice is to ride it with the people you love.

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