

Relapse Prevention

Make a list of what might get in the way of your continuing with the skills you have learned in this program. For each problem, consider how you could get yourself back on track.

Example:

Problem: No one with whom to share the successes and difficulties of living with chronic pain.

Solution: Join a support group, keep a diary.

Problem: Loss of a job.

Solution: Reread handouts from session 9 on effective problem solving, contact vocational rehabilitation.

Problem: _____

Solution: _____

Problem: _____

Solution: _____

Problem: _____

Solution: _____

Coping with the Stages of Pain

Daily Management:

Mild to Moderate Pain Increase:

Severe Pain Increase:

List your routine medications, exercise, relaxation practices, and other interventions for daily management of pain;
Write a plan for additional measures to apply in a flare, from decrease in activities to adjustment of medications, calling friends for support, and so on.

Panic Plan

Make a list of the options, techniques and skills you have to cope with pain flare-ups.
For my mind:

For my body:

For my spirit:

Make copies of this list to carry with you or keep handy in various places.