**More Ways to Change Your Future Pain**

**🧠 Awareness & Pattern Recognition**

* **Notice your pain-triggered thoughts and movements** Journaling can help—but focus on what pain *triggers*, not just pain levels. This builds insight without reinforcing suffering.
* **Identify unhelpful patterns** Whether it's a recurring activity, thought, or sensation, recognizing what consistently leads to discomfort is the first step toward change.
* **Watch your language** Phrases like “I can’t…”, “I shouldn’t…”, or “Every time I…” often signal entrenched patterns. Awareness allows you to rewrite the script.

  **Reflective Practices**

* **Gratitude diary** A daily note of appreciation can shift focus from pain to possibility.
* **List safe activities** Create a go-to list of things that don’t worsen your pain—perfect for flare-up days.
* **Celebrate achievements** Even if pain increased, honour your effort as you would a friend’s. Self-compassion builds resilience.

**📸 Memory & Storytelling**

* **Capture moments** Take photos or videos of your wins, your joy, your progress.
* **Reframe pain stories** When sharing a flare-up, include what helped you cope. This strengthens your identity as someone who *gets through it*.

**🎞️ Life experiences**

* **Use your memory bank** Recall enjoyable experiences with your whole body. Breathe, visualize, and revisit these moments often.
* **Look at joyful photos/videos** Let your body *feel* these moments again. This isn’t just nostalgia—it’s neuroplasticity in action.