

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.

I shouldn't...



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.