

LIVING WITH MY PAIN

Things I can do to help myself

Name: _____

Date: _____

Instructions: When people are in persistent pain they can sometimes lose sight of the importance of taking care of themselves. By setting self-care goals you can take an active role in helping yourself feel better more quickly. Choose from one of the examples below, or better yet, set your own goal. Qualities of a good goal are that they are **SMART** (**S**pecific, **M**easurable, **A**ligned with my values, **R**ealistic and having a **T**arget date for completion). In the space below your goal, rate how likely you are to follow through on the goal you set. If you are not very sure you can follow through on your goal (less than 7 on the scale) you may want to find an alternative or make some adjustments to the goal to make it more achievable.



Staying Physically Active

Each week during the next month I will spend at least ____ days doing the following physical activity for ____ minutes: _____

Importance of this goal:
0 1 2 3 4 5 6 7 8 9 10
Least Most

Likelihood that I can achieve this goal:
0 1 2 3 4 5 6 7 8 9 10
Not likely Very Likely

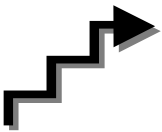


Spend Time With People Who Can Support Me

During the next month I will spend at least ____ days for at least ____ minutes at a time with _____ doing: _____
with _____ doing: _____

Importance of this goal:
0 1 2 3 4 5 6 7 8 9 10
Least Most

Likelihood that I can achieve this goal:
0 1 2 3 4 5 6 7 8 9 10
Not likely Very Likely



My Own Goal

I plan to: _____

How often: _____

For how long: _____

Importance of this goal:
0 1 2 3 4 5 6 7 8 9 10
Least Most

Likelihood that I can achieve this goal:
0 1 2 3 4 5 6 7 8 9 10
Not likely Very Likely

What barrier(s) might get in the way of your achieving this goal prior to your next visit?

Solution(s) to the above barriers:

