

Pain and Somatic Discomfort Management

Become more aware of my reaction to discomfort:

What I have control over

1. What can I do at this moment to make the discomfort (or my reaction to it) worse?
2. What can I do today to make the discomfort (or my reaction to it) worse tomorrow?
3. What can I do at this moment to make the discomfort (or my reaction to it) less troublesome?
4. What can I do today to make the discomfort (or my reaction to it) less troublesome tomorrow?

What I don't have control over

1. What did I have to do during the day that exacerbated my discomfort?
2. Was there anything I could have done then to avoid or reduce that discomfort?
3. Is there any self-help skill I can employ now to better manage that discomfort?

Attention

1. How much attention have I been paying to my discomfort?
2. Does the attention I have been paying to my discomfort help me manage it better or make my suffering worse?
3. What I engage my attention in something that is more productive?