## **Pain and Somatic Discomfort Management Homework**

Day 1:
What Self-Help Activity did you do to control your attention to pain?
Trial Con Florip Activity and you do to control your attention to pain?
How much did it help?
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For how long?
Day 2:
What Self-Help Activity did you do to control your attention to pain?
What deli fielp fictivity did you do to control your attention to pain!
How much did it help?
The William Charles
For how long?
- Controlling.
Day 3:
What Self-Help Activity did you do to control your attention to pain?
What deli-field Activity did you do to control your attention to pain:
How much did it help?
Tiew mach aid it help.
For how long?
1 of now long.
Day 4:
What Self-Help Activity did you do to control your attention to pain?
What deli-field Activity did you do to control your attention to pain:
How much did it help?
The will all wholp.
For how long?

Day 5:
What Self-Help Activity did you do to control your attention to pain?
How much did it help?
For how long?
Day 6:
What Self-Help Activity did you do to control your attention to pain?
How much did it help?
For how long?
Day 7:
What Self-Help Activity did you do to control your attention to pain?
How much did it help?
For how long?