

# Pain and Somatic Discomfort Management Homework

## Day 1:

What Self-Help Activity did you do to control your attention to pain?

How much did it help?

For how long?

## Day 2:

What Self-Help Activity did you do to control your attention to pain?

How much did it help?

For how long?

## Day 3:

What Self-Help Activity did you do to control your attention to pain?

How much did it help?

For how long?

## Day 4:

What Self-Help Activity did you do to control your attention to pain?

How much did it help?

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?