



Journal:

Pain and Disability

19

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A free downloadable (PDF) version of this journal can be found at www.MyTherapySession.com

Pain 1

(video: 15 minutes)

Notes:

Non-addictive reduction of suffering:

Pain is _____; suffering is _____.

Discussion/Reflection:

If you cannot take away the pain, would reducing the suffering be good enough?

Objectively rate your level of pain and suffering.

Possible interventions for pain/disability:

1. Antidepressants and anticonvulsants []
2. Cognitive Behavioral Therapy []
3. Diet and exercise []
4. Distractions []
5. Doing less []
6. Endogenous opiate mechanisms []
7. Energy strategies []
8. Gate theory []
9. Herbals and complimentary medicine []
10. Imagery []
11. Interpersonal issues []

12. Non-steroidal anti-inflammatory drugs []

13. Steroids and surgical means []

14. Chiropractic/manipulation []

15. Related problems []

16. Sleep improvement []

17. Smoking cessation []

18. Tension reduction []

19. Meaning and purpose []

20. Others []

Can you do something about suffering?

Self-esteem and confidence concerns?

Self-Esteem and Goal Setting track []

Discussion/Reflection:

Would the reduction of your suffering be good enough?

Would reducing suffering improve things for you? Would it make it better?

Is it at least worth investing your time and energy into this possibility?

Pain 2

(video: 7 minutes)

Contemplation phase:

What are your motivations for change?

Pros:

Cons:

What losses might you incur in letting go of suffering?

Do you want to do something about your suffering problem?

Pain 3

(video: 29 minutes)

Preparation phase:

Examine various interventions

The important thing is to start!

Discussion/Reflection:

Rate your pain and suffering again.

What date will you begin your program?

My next steps will be:

- 1.
- 2.
- 3.

(Optional) Spiritually inclusive segment: