

Analyzing Cost and Benefits of Pain Strategies

Pain Strategy	Short term benefit	Long term benefit	Short term cost	Long term cost	Ultimate result

What have you learned about you and your pain while trying to managing it?

If you are going to have pain, what else would you like your life to be about?

Experiments for the week:

- Notice what you are doing when you are having a good day.
- *Question for the week:* What would you like to regain in your life that you have lost to pain?