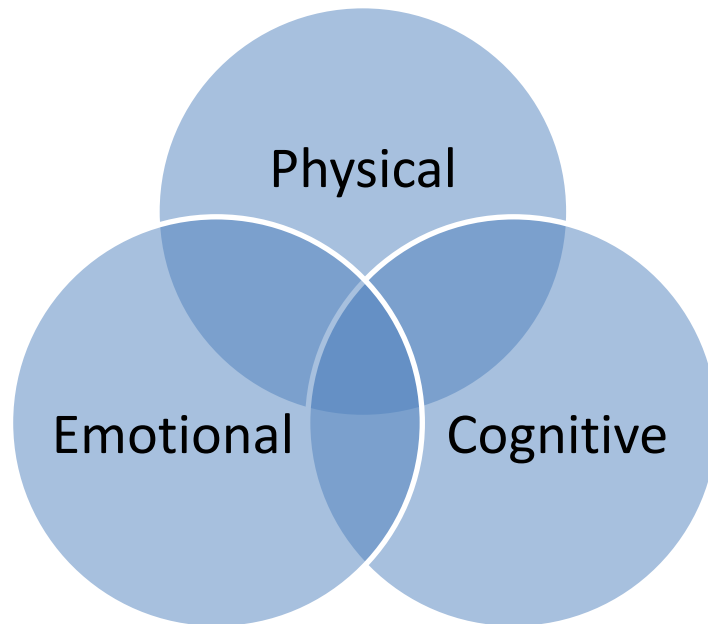


Gate Control Theory of Pain



What opens my physical gate?

What closes it?

What opens my emotional gate?

What closes it?

What opens my thinking gate?

What closes it?

Realistic Recovery

What are my strengths and abilities?

What resources are available to me?

How can I use my strengths, abilities, and resources towards improving my life?

Creating a Pain Plan

What's one area in my life that I want to improve?

What about this makes it important to me?

Identify your strategies:

What helps me move forward?	What makes it harder?	Support team/role

What is one step I can take this week to move towards this goal?



What am I willing to experience in order to live a fuller life?