

## **Journal Prompts-Chronic Pain**

### **Understanding My Pain Experience**

1. How would I describe my pain today? Are there patterns I've noticed over time?
2. What emotions come up when I think about my pain?
3. How does my pain impact my daily life, relationships, or goals?
4. What activities make my pain better or worse?
5. How do I respond to my pain—physically, mentally, and emotionally?

### **Exploring the Mind-Body Connection**

6. How does stress or emotional distress affect my pain levels?
7. What helps me feel more in control of my pain, even on difficult days?
8. How do I talk to myself about my pain? Is it with kindness or frustration?
9. What relaxation or mindfulness techniques have helped ease my pain, even slightly?
10. How does my breathing change when I'm in pain? Can I use breathwork to help?

### **Coping & Resilience**

11. What are three small things I can do today to take care of my body?
12. How can I show myself compassion on days when my pain feels overwhelming?
13. What are some non-physical ways I can find joy, even when my pain is severe?
14. How can I balance listening to my body while still engaging in activities that matter to me?
15. What is one thing I can forgive myself for regarding how I handle my pain?

### **Navigating Relationships & Support**

16. How has chronic pain affected my relationships with others?
17. What do I wish people understood about living with chronic pain?
18. How can I communicate my needs to loved ones in a way that feels supportive?
19. What boundaries do I need to set to protect my well-being?
20. How do I feel about asking for help when I need it? How can I make it easier?

### **Finding Strength & Hope**

21. What is something I have learned about myself through my experience with chronic pain?
22. How have I grown stronger or more resilient because of this journey?
23. What are small moments of relief or comfort that I can focus on today?
24. If I were to write a letter to my body, what would I want to say?
25. What does a good day look like for me, and how can I create more of them?