



**CREATING A PLAN** (HARRIS, 2008)

1. Identify values

- Work/Achievement
- Relationships
- Positive Growth and Health
- Leisure

2. Set some goals and make them SMART

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**S** Specific  
**M** Meaningful  
**A** Adaptive  
**R** Realistic  
**T** Time-bound

3. What steps can I start to take to complete these goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Additional Suggestions*

Assemble a team of chronic pain specialists including:

- A physician*
- A pain specialist*
- A therapist*
- A physical therapist*

Engage in treatment options like

- Talk therapy*
- Stress reduction*
- Medication*
- Peer support*
- Pain programs*

<https://www.psych.com.net/depression.central.chronic.pain.html>

**PREVENTING RELAPSE (VOWLES & SORRELL, 2006)**

The word relapse refers to falling back to a former state and can occur when functioning decreases. By continuing to pursue value-oriented goals and coping strategies, we can prevent relapse.

It is common for us to experience setbacks, which is identified as a temporary slow down that impedes progress for a period of time. It is crucial to continue to engage in activity shortly after a setback to prevent relapse.

Step 1: Commit to your value:

\_\_\_\_\_

Step 2: Identify potential setbacks

\_\_\_\_\_  
\_\_\_\_\_

Step 3: Create a plan to handle the setback

\_\_\_\_\_  
\_\_\_\_\_