

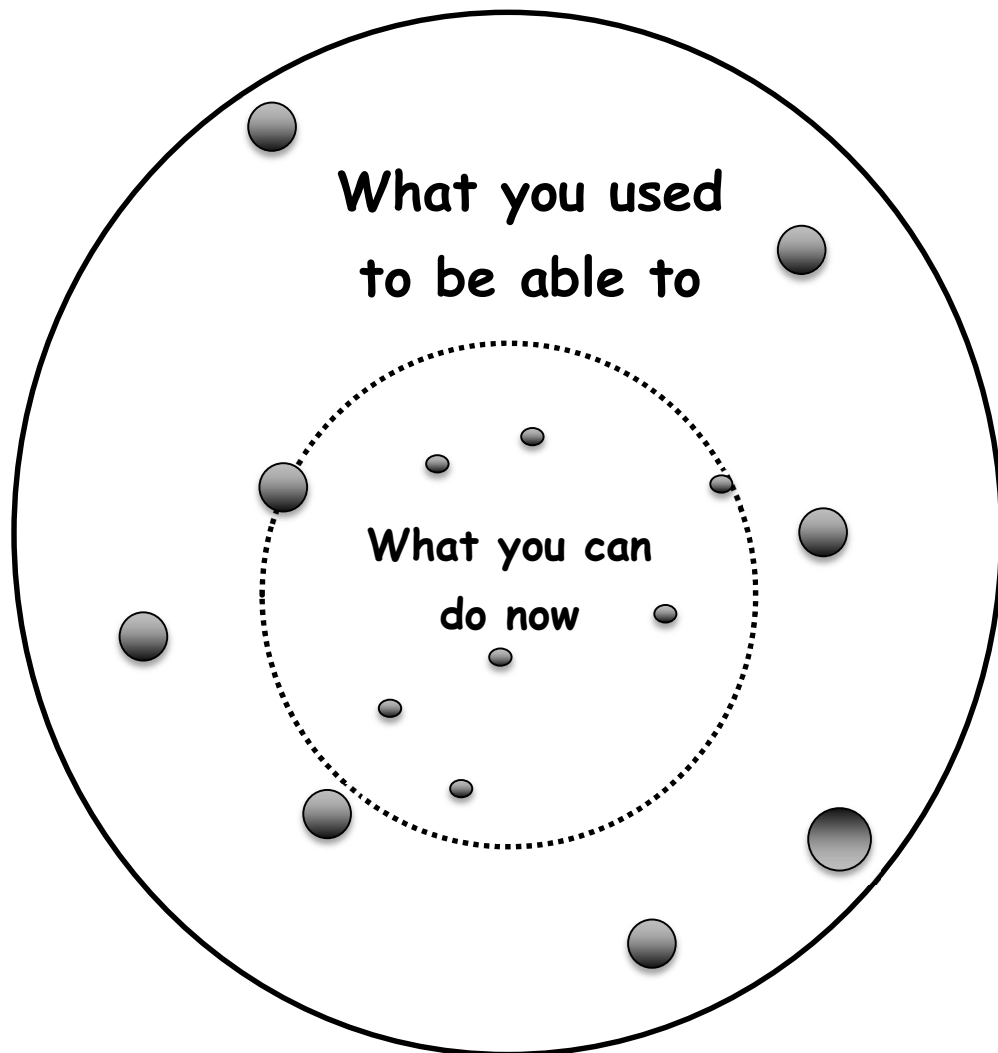
Expanding your Circle of Safety

Pain can shrink the circle of life. Inside the circle are the activities we feel safe doing. When pain persists, this circle often gets smaller. We stop doing things we love because they no longer feel safe. But the circle isn't fixed—it can grow again.

The only way to expand the circle is to gently step outside it. By trying activities we haven't done in a while (explorative movements), we teach our nervous system that these activities are safe again.

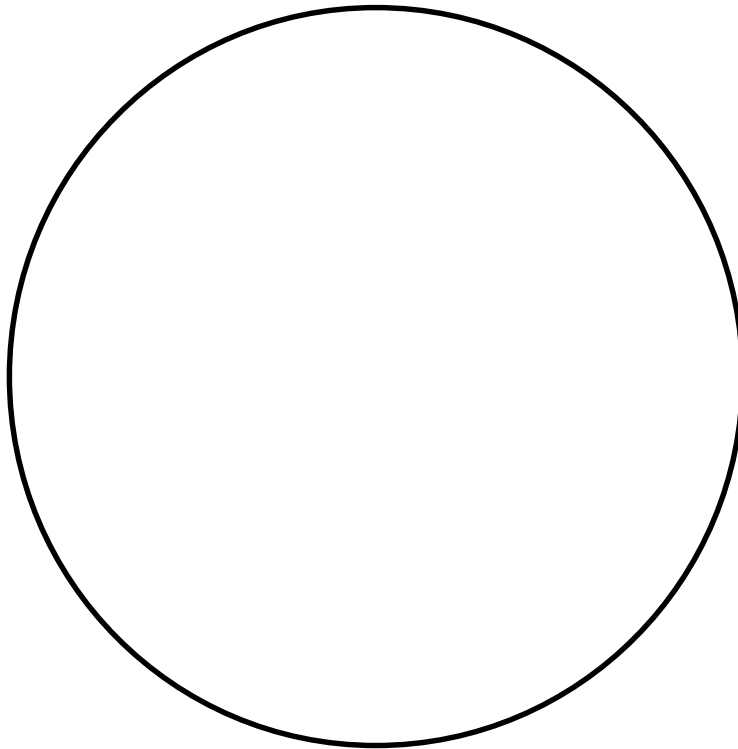
Each time we succeed, the circle of life expands.

Left unattended, the circle may continue to shrink. But with courage and practice, the circle can grow larger, restoring freedom, confidence, and joy.



My Circle of Safety

Step 1: Inside the circle below, write a few of the activities you feel safe doing right now.



Step 2: Outside the circle, write 3 specific activities you'd like to do again, but haven't done for a while or feel limited in doing.

Step 3: Together with your physiotherapist, create a small, safe plan to try that activity in a gentle way. Every time you succeed, redraw your circle bigger.

Remember: The circle of life expands with each step you take. Your journey is not about doing everything at once—it's about gently, bravely, reclaiming your world one activity at a time.