

THE PAIN TRUTH JOURNEY GUIDE

STAGE 1: HOPE

You'll believe your life can improve.

THE TRUTH

Pain isn't the scorecard. Life is.

WHAT THREE ACTIVITIES WOULD YOU LOVE TO GET BACK TO?

(Choose activities that would make the biggest difference to your life.)

1. _____ %
2. _____ %
3. _____ %

Rate your current ability for each activity.

0% = I can't do it at all / Completely dissatisfied

100% = I'm completely satisfied

Average: _____ %

YOUR LIFE SCORE

To what extent are you living the life you want to live?

0 1 2 3 4 5 6 7 8 9 10
0 = Not at all 10 = Completely

WHAT'S ONE THING I CAN DO TODAY?

(A small step that will get you closer to one of your activity goals)

WHAT'S ONE THING I CAN DO THIS WEEK?

(A small step that will get you closer to one of your activity goals)

REMEMBER

The goal isn't simply to reduce pain. It's to help you reclaim your life.

Every step toward life is a step away from pain.

 Hope →  Understanding →  Confidence →  Trust →  Self-acceptance →  Living →  Thriving

You are here:  Hope

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Escaping Pain or Pursuing Life?

If you've been living with persistent pain for a long time, it's completely understandable that much of your energy has gone into trying to escape it... which can simply be exhausting.

Unfortunately, when escaping pain becomes your main focus and various attempts at trying to get to rid of it fails, it can leave you feeling frustrated and hopeless.

The Pain Truth Journey begins with a different focus.

Instead of asking, ***"How do I get rid of my pain today?"***

We ask, ***"What's one thing I can do today that moves me toward the life I want?"***

It doesn't have to be a big step. In fact, **the smaller the better.**

Small, meaningful successes build confidence.

Every meaningful step teaches your brain something important:

"I'm capable of moving forward."

You don't need to believe your life can completely change today.

You only need to believe it's worth taking one small step.

Spend less energy escaping pain. Spend more energy pursuing life.

Before moving to Stage 2...

- ☐ I now believe my life can improve.
- ☐ I have chosen three meaningful goals.
 - ☐ I have taken one small step.
 - ☐ I'm ready for the next stage.

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