

THE PAIN TRUTH JOURNEY GUIDE

STAGE 4 – TRUST

Gaining greater trust & confidence in your body

THE TRUTH

Trust grows when you begin noticing evidence that your body is capable.

Your body is stronger, safer, and more adaptable than you may have been led to believe.

Recovery isn't only about becoming stronger. It's also about gradually discovering how capable and adaptable your body can be.

Every movement you once feared but can now do safely is evidence that your body is capable.

Try this fun 1-minute thought exercise on “noticing”.
The guided audio is available on www.ThePainTruth.org

WHAT DID YOUR BODY DO RECENTLY THAT SURPRISED YOU?

.....

YOUR LIFE SCORE

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

(Not at all) 0 1 2 3 4 5 6 7 8 9 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

Every movement is an opportunity to build trust.

Hope → Understanding → Confidence → Trust → Self-acceptance → Living → Begin Again

You are here: Trust

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TRUST

Our brains naturally notice danger more easily than safety.

That's why many people living with persistent pain gradually stop noticing everything their body still does remarkably well.

Today, we're going to intentionally look for evidence that your body is capable.
Your body is doing far more than you probably notice.

Your brain finds exactly what you asked it to find. Everyday, ask your brain to look for evidence that your body is capable.

List ten things your body still allows you to do. It doesn't matter how small.

(E.g. cook and eat a meal, use stairs, read for one hour, go grocery shopping, drive a car, sing in the shower, golf 9 holes, do 10 push-ups, touch my toes, play the guitar, yoga sun salutation, garden 30 minutes, dress myself, wash my hair, sit on floor and get back up, etc.)

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Before moving to Stage 5...

- ☐ Celebrate your successes. Take a moment to acknowledge a few things that your body has done recently that you didn't think it could.
- ☐ You have greater trust & confidence in your body.
- ☐ I have taken one small step toward the life I want.
- ☐ I'm ready for stage 5.

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