

THE PAIN TRUTH JOURNEY GUIDE

STAGE 5 – SELF-ACCEPTANCE

To begin becoming your own ally instead of your own critic.

THE TRUTH

The way you speak to yourself matters.

Many people living with persistent pain become their own harshest critic.

Recovery becomes easier when we begin treating ourselves with the same kindness we would offer someone we love.

Which statements sound most like you?

- ☐ I often compare myself to other people.
- ☐ I often compare myself to who I used to be.
- ☐ I often criticize myself more than I encourage myself.

WHAT IS ONE THING ABOUT YOURSELF THAT YOU'RE GRATEFUL FOR TODAY?

.....

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

You are enough, even while you're still growing.

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

You are here: Self-acceptance

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SELF-ACCEPTANCE

It is perfectly natural to want to improve yourself. Growth is part of being human. The purpose of this stage is not to stop growing... it is to begin accepting yourself, your body, and your current abilities with kindness and without judgment.

Paradoxically, when we stop fighting ourselves and start treating ourselves with compassion, change often becomes easier. Greater self-acceptance not only improves quality of life but also creates an environment that supports recovery.

Self-acceptance isn't giving up on yourself. It's choosing to stop fighting yourself.

Imagine that one of your dearest friends is experiencing significant pain and is feeling bad about themselves. What kind words would you say to them?

- ☐ *You are loved* ☐ *I will always be there to support you*
- ☐ *You're strong and you'll get through this difficult time*
- ☐

Now read those same words to yourself... because you deserve the same compassion you give to others.

Ten qualities or strengths that make me who I am today.....

(E.g. My ability to talk to people, cooking pasta, hiking in the trail, paint scenic views, my relationship with my mom, playing soccer, gardening, playing video games, helping my community, etc.)

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

As I continue my journey...

- ☐ I will catch myself when I am self-critical
- ☐ I will practice responding with kindness instead.
- ☐ I took one small step toward the life I want.
- ☐ I'm ready to continue my journey.

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