

THE PAIN TRUTH JOURNEY GUIDE

STAGE 6 – LIVING

To begin filling your life with moments that make you feel alive.

THE TRUTH

The more we pursue life, the less our lives become centred around pain.

A meaningful life isn't created all at once.

It's created through small moments that make you feel alive.

I FEEL ALIVE WHEN I...

.....

.....

.....

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 THAT WILL BRING ME JOY,
PEACE, CONNECTION OR MEANING?**

.....

**WHAT'S ONE THING I CAN DO THIS WEEK THAT WILL BRING ME
JOY, PEACE, CONNECTION OR MEANING?**

.....

Do them intentionally and notice how you feel afterwards.

REMEMBER

Look for moments that make you feel alive.
They're often smaller than you think.

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

You are here:  Living

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LIVING

Recovery is about more than reducing pain. It's about increasing life.

There are two ways to move through life. Surviving. Or living.

Persistent pain often traps us in survival mode. Always watching. Always protecting.
Always enduring.

The Pain Truth Journey invites something different. Instead of asking,
"How do I escape pain today?"

begin asking, ***"How can I bring more life into today?"***

Life grows through moments of connection, movement, creativity, nature, laughter,
music, kindness and purpose.

These moments don't erase pain.
They remind your nervous system that life is more than survival.

A LIVING LIST

Every evening, on a sheet of paper, write your "Living List".
Write down 3 moments that made you feel alive today.
(The smaller the moment, the better.)

(E.g. Spent time with family, smiled at a cashier, painted, played guitar, listened to music, drank tea,
danced, laughed with grandchild, walked dog, watered plants, smelled fresh coffee, etc.)

- 1.
- 2.
- 3.

As I continue my journey...

- ☐ I have begun creating my Living List.
- ☐ I noticed something that made me feel alive.
- ☐ I took one small step toward the life I want.
- ☐ I'm ready for stage 7.

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