

THE PAIN TRUTH JOURNEY GUIDE

STAGE 7 – BEGIN AGAIN

The journey continues.

THE TRUTH

Recovery isn't something you finish. It's something you continue.

The goal of The Pain Truth Journey was never to eliminate every pain.

It was to help you build a life that becomes bigger than your pain.

There will still be easier days and harder days.

Some weeks you'll even take a step backwards.

That's part of every meaningful journey. What matters isn't perfection.

What matters is continuing to move toward the life you want to live.

Every day brings another opportunity to take one small step.

Simply ask yourself... **"What's one small step I can take today toward the life I want?"**

Because every meaningful life is built... **one small step at a time.**

WHEN THIS JOURNEY STARTED, WHAT THREE ACTIVITIES DID YOU REALLY WANT TO DO AGAIN?

- | | | |
|---------|-----------|---------|
| 1. |% |% |
| | (Stage 1) | (Today) |
| 2. |% |% |
| | (Stage 1) | (Today) |
| 3. |% |% |
| | (Stage 1) | (Today) |

Rate your current ability for each activity.

0% 10 20 30 40 50 60 70 80 90 100%

0% = I can't do it at all

100% = I can do it as well as I would like

Average (Stage 1):%

Average (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)

Your score (Stage 1):

Your score (Today):

REMEMBER

Every small step toward life makes pain less central.

Small steps may seem insignificant today, but repeated over time they create extraordinary change.

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

You are here: Begin again

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BEGIN AGAIN

Congratulations. By reaching this stage, you've done something many people never do.
You chose to take one small step at a time.

Compare your activity scores and your Life Score with where you began.
Take a moment to appreciate how far you've come.

If you've made progress, celebrate it.
If you're not where you hoped to be, don't lose heart. Recovery is rarely a straight line.

Sometimes we need more time. Sometimes we need more support.
Sometimes we simply need another season of growth.

LOOKING BACK, WHAT AM I MOST PROUD OF?

WHAT HAVE I LEARNED ABOUT MYSELF?

The Pain Truth Journey doesn't end here.
It begins again... with new goals, new experiences, and one small step.

You don't need to complete this journey perfectly.
You only need to keep going.

Whenever new challenges appear... come back to the beginning.
Choose new goals if you wish.

Simply ask yourself again...
"What's one small step I can take today toward the life I want?"

Your journey isn't measured by how little pain you have.

It's measured by how much life you're living.

Then... Begin again.

My promise as I continue this journey...

☐ I will spend less energy escaping pain...
and more energy creating the life I want to live.

Signature Date

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

You are here: Begin again

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