

The Pain Truth Program

(Sample section from the Pain Truth Workbook)

Understanding Self-Judgement

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You must complete this section with your Pain Truth Certified Health Care Provider

Idea of perfection: What I should be...

Check the words that describe what you want to be or think you should be

- Pain-free Strong/not weak Flexible/not stiff Energetic
 Not feel old Move without fear Confident & trusting of my body
 Capable of doing all my activities such as...

.....

Belief of current self: What I am now

Check all the words that describe what you perceive you are now

- In pain Feel old Weak Worried about my body
 Exhausted Tight & stiff Frustrated Fearful of movements
 Unable to do my activities such as...

.....

Felt sense of judgment

Try out the judgment process to see what emotions it brings. Place a check mark beside the emotions you now feel.

- | | | |
|--|----|---|
| <input type="checkbox"/> Satisfied | or | <input type="checkbox"/> Frustrated |
| <input type="checkbox"/> Hopeful | or | <input type="checkbox"/> Hopeless |
| <input type="checkbox"/> Proud of self | or | <input type="checkbox"/> Disappointed in self |
| <input type="checkbox"/> Calm | or | <input type="checkbox"/> Stressed |
| <input type="checkbox"/> Joyful | or | <input type="checkbox"/> Sad |
| <input type="checkbox"/> Empowered | or | <input type="checkbox"/> Shame |
| <input type="checkbox"/> Happy | or | <input type="checkbox"/> Angry |
| <input type="checkbox"/> Confident | or | <input type="checkbox"/> Worried |

How does that judgement make you feel?

- Generally good or Generally bad

It is suggested that you read the review below daily for this week until you truly agree with the concepts in this section and until you fully realize that to be accepting of your current self, is the greatest gift you can give yourself.

It is a sure way of feeling SAFETY, therefore calming the nervous system which is the ultimate goal.

Since you're doing The Pain Truth Program, you're definitely moving forward on the right path.

<i>What I now know about self-judgment review</i>	
<i>Check <input checked="" type="checkbox"/> either Agree or Disagree for each statement below</i>	
Self-judgment only makes me feel inadequate and disappointed in myself, resulting in me suffering	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
Self-judgment makes me feel as if I am lacking something and creates the mindset that I am not good enough	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
Self-judgment and the emotions it brings can be part of why I have a sensitized nervous system and experience persistent pain	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
To feel self-acceptance, content, and peace I don't have to wait until I am all the things I wish I were (idea of perfection)	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
I am more likely to improve tomorrow, if today I concentrate on self-acceptance rather than dwell on self-judgement	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
I accept myself no matter what I am... this does not mean everything is perfect; it just means today I will accept myself no matter what	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
I fully accept what I am right now... it is enough and it is okay	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree
I may have pain tomorrow or I may have no pain tomorrow and I am accepting of either outcome	<input type="checkbox"/> Agree <input type="checkbox"/> Disagree

Reference: *Donen, Rachel. Back pain again?: 4-Week program for pain that won't go away. Volumes 1-4. CreateSpace, 2018.*