



Discussion Questions

Stages of Grief with Chronic Pain

1. Have you acknowledged the losses you've dealt with since developing chronic pain?
2. The stages of grief are not linear. Do you know what stage you are in currently? (Stages: denial, anger, bargaining, depression, acceptance and re-creation.)
3. What are ways you have found to navigate a new normal?
4. What does acceptance mean to you?
5. Do you spend time comparing yourself to others? Do you spend time comparing yourself to your life before chronic pain?
6. What helps you handle depression symptoms, such as poor sleep, sadness, social isolation and irritability?
7. As you deal with pain and the stages of grief, are you able to practice self-kindness and self-compassion?