



Flare Up and Relapse Prevention Discussion Questions

1. Are you able to recognize when a pain flare is starting?
2. What are your triggers and how can you avoid them?
3. In what ways can you improve your eating and make sure you are drinking enough water?
4. Do you blame yourself when you get a pain flare? If yes, have you tried to be kind to yourself?
5. Have you tried re-framing negative, unhelpful thoughts? See these worksheet links for: [\(a\) Questioning Negative thoughts>>](#) or [\(b\) Getting Rid of Automatic Negative Thoughts>>](#)
6. Do you make efforts to connect with friends and family?
7. Are you able to set realistic goals? If yes, what helps you make a reasonable schedule?