



The Journey to Acceptance Discussion Questions

May 2022

1. What are ways you have found to navigate a new normal and make peace with it?
2. What does acceptance mean to you?
3. Do you spend time comparing yourself to others? Do you spend time comparing yourself to your life before chronic pain? If you do, does it cause suffering?
4. What are ways you practice self-compassion? If you don't currently, would it be helpful to try? Explain.
5. Are there times you blame yourself for your pain/illness? If yes, how could you re-frame it? If no, how do you avoid self-blame?
6. 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.)
7. Have you tried meditating or other mindfulness tools? If yes, did you continue? If no, are you interested in meditating? Even sitting in nature can be a way to be present.