



Pain Awareness Month Discussion Questions #LifeWithPain

2022

1. Our identities change with chronic pain. Explain ways you cope with your new normal. For example, what new hobbies, roles or skills have you developed?
2. Are there ways you feel stigmatized as a person with chronic pain? If yes, who do you feel judges you unfairly?
3. How has pain changed your relationships with friends, family and partners? Have you gained new relationships within the pain community?
4. In what ways has pain changed your personality?
5. What are some non-traditional ways that help you cope with pain? Have you tried finding new hobbies that you are still able to do despite the pain?
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. What does acceptance mean to you?

Topic includes: Identity, feeling understood and stigma