



## Pacing Discussion Questions

August 2023

Possible introduction to the topic: [Pacing](#) on YouTube.com from the Pain Association Scotland (3 minute video on Pacing and Choices)

1. What are some strategies you use for setting limits and pacing?
2. What makes it difficult to pace your activities?
3. What makes you happy?  
Are you willing to make time for this?
4. What are some ways you prioritize your activities?
5. Do you have effective ways of dividing your chores/appointments/ other activities?
6. As you consider including 'rest' in your day, how do you define rest?  
What's restful for some is not for others.  
(Rest can include laying down, watching a show, working on a hobby or meditating.)
7. How do you break your responsibilities down into small steps?
8. Think about when you are most likely to overdo it.  
What are some tools you could try to help with this specific challenge?
9. Are you willing/able to take frequent short rest periods in your day?  
If you've tried this, how does it work for you?
10. When you overdo it, what do you say to yourself? Are you critical or do you show self-compassion? (Consider saying to yourself: It's okay, it was a tough day and I did the best I could.)