



**Stigma and Identity Questions**  
**Pain Awareness Month #PainTrials**

**September 2023**

1. Our identities change with chronic pain. How do you cope with your new normal?
2. When do you feel you are being judged just because you have chronic pain?
3. How has pain changed your relationships with friends, family and partners?
4. In what ways has pain changed your personality?
5. 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.)
6. What does acceptance mean to you?

Topic includes: Identity, feeling understood and stigma