



Acknowledge – Adapt – Accept Discussion Questions

March 2024

Acknowledge

1. When you are having a tough day, how do you recognize and deal with your pain?
2. How do you express your thoughts and feelings to others or to yourself in a journal?
3. How does pain impact your everyday tasks and routines?
4. How do you describe to your doctors how pain impacts your everyday tasks and activities?
5. How do you set realistic goals and expectations for yourself while living with chronic pain?
6. How do you find moments of joy or meaning in your life despite the presence of chronic pain?
7. In what ways do you acknowledge your strengths?
8. Are you able to acknowledge the wins that have come from the losses?
9. When do you acknowledge when you need help?

Adapt

10. What do you do to ease your pain?
11. What skills or tools do you use to help get you through the day?
12. What activities have you changed or stopped doing because of the pain?
13. How do you ask others for help or support?
14. How does your self-talk influence your daily life?
15. How do you show kindness and understanding to yourself?

16. How do you manage the emotional toll of chronic pain, and what strategies do you use to maintain a positive outlook?

17. What advice would you give to someone who is struggling to adapt their lives to chronic pain?

18. How have you been able to adapt to the physical changes that occur with pain or illness?

19. What are the best resources you have found to help you adapt most effectively?

20. How do you adapt to all the changes each day?

21. What are the tools and strategies you use to adapt to your health conditions?

Accept

Acceptance does not mean giving up or assuming nothing will change. It means acknowledging where you are today with your pain.

22. How do you define acceptance? Do you equate acceptance with giving up and not working to decrease your pain?

23. How do you honor yourself by taking care of yourself?

24. What are ways you practice mindfulness or relaxing techniques?

25. What role does self-compassion play in accepting chronic pain, and how do you practice it in your life?

26. How do you balance your daily tasks with accepting the limitations that chronic pain imposes on your life?

27. How do you set realistic goals and expectations for yourself while living with chronic pain?

28. What tools have helped you accept where you are today?

29. Are you able to accept help from your support system?

30. Do you think you have been able to accept a new identity?

31. Are you able to accept where you are?

32. Can you accept that rest is an action too?