



Finding Purpose Discussion Questions

April 2024

1. How does chronic pain affect how you see your life's meaning?
2. How does chronic pain motivate you to pursue better habits and healthier relationships?
3. Can having chronic pain make you better at understanding and caring for others?
4. How can focusing on the present moment and accepting things as they are help you feel like your life has meaning even with chronic pain?
5. How do you balance taking care of yourself and doing things that make you happy when you have chronic pain?
6. Do you make time for simple pleasures?
Do you consider making time for simple pleasures as a way to keep some balance in your life?
7. How does having chronic pain affect your relationships with other people?
8. How can hobbies, interests, and doing things you enjoy make you feel like your life has purpose even with chronic pain?
9. What can you do to feel like your life has meaning even if you have chronic pain?
10. How does chronic pain make you think differently about what you want to achieve in life?
11. What are ways you connect with others either in person or online?
12. What mindfulness tools, like meditating, breath work or the 5 senses exercise, have you tried? In what ways did the tool help you?
13. How does having chronic pain make you learn more about yourself and grow as a person?
14. In what ways can hobbies, interests, or how you treat others help you define your purpose?



15. What lessons have you learned since having chronic pain?
16. What do you love to do?
What are you doing when you lose track of time or find yourself completely immersed in what you are doing?
17. While living with chronic pain, have you been able to cultivate connections that offer support and comfort?
18. Are you able to set realistic goals and limitations for yourself as you are now?
19. Do you celebrate the wins no matter how big or small they are?
20. What does your daily routine look like?
21. Have you been able to reflect and make new life choices? If so, what tools and strategies did you use to do so?
22. Have you learned something new, a hobby, skill, or maybe even a new career while on this journey?
23. What helps you each day to move forward even on high pain days?
24. What ways have you found to redirect your energy away from your pain?
25. What has been something that has empowered you about your pain journey?