



## Honoring Your Limits: Care for a Flare Questions

August 2024

1. What helps you cope when you have a pain flare-up?
2. How can you ask for specific help when you are having a flare?
3. How are you able find gratitude in the midst of a pain spike?
4. Does gratitude help you to stop repetitive negative thoughts? If yes, explain how it helps.
5. Do you set up a manageable schedule of things you can do on a bad day?
6. How do you prioritize your basic needs during a flare?
7. Do you keep your activity level the same each day? (So that on your good days you don't overdo it.)
8. What are your relapse warning signs?
9. What are ways you have found to include enough rest time in your day?
10. What are your favorite ways to relax?
11. How can you show yourself compassion when you have a flare?
12. What are ways you keep negative thoughts from spiraling?
13. What does it take for your body to feel energized again after a flare?
14. What would you write on a list of ways to help yourself during a pain flare?
15. How do you stay connected to others during a time of high pain or flare?
16. What are ways you prioritize your activities?



17. Have you tried breaking your chores into small steps? If yes, does it help you?
18. In what ways have you adapted your hobbies or activities?
19. What strategies do you have for releasing emotions?
20. What are the best ways you distract yourself from pain?
21. What's in your flare kit or comfort bag?
22. Describe what ways you treat your body with kindness and compassion.
23. What makes it difficult to pace your day?
24. How do you show yourself care in a flare?
25. Do you acknowledge and honor your limitations?
26. Have you found positive self-talk, affirmations and mindfulness helpful? If so, explain what has been helpful for you.
27. Have you been able to establish a flare management plan? If so, explain.
28. Have you found a way to supplement the financial impact of having flares and high pain days?
29. What will you give yourself permission to do this week?
30. How could planning rest breaks in your day help you manage your daily pain?