

## **Questions for Making Decisions**

- 1.) Who is your support system when you have ideas to bounce around or decisions to make regarding your chronic pain and conditions?
- 2.) With all the research/information out there, what are your top sources for finding information about your particular diagnosis or symptoms? Please share.
- 3.) Pain often dictates what our days are going to look like living with chronic pain and illness. Does your body give you signals or cues when it's time to rest, regroup and recharge?
- 4.) What coping strategies have you found successful when a decision doesn't go as planned?
- 5.) What are the ways you keep track of your medical records and documents? Is there a place where all the medical decisions you have made are all in one place? (spreadsheet, file on your phone, medical binder, MyChart, shared documents, etc)
- 6.) What has been a guide you use when trying new things living with chronic pain and other conditions?
- 7.) How do you determine which adaptive devices are going to be most helpful for you? (are they for strength, gain independence, etc)
- 8.) What have been some of the ways you have gotten creative with some of the financial barriers of living with chronic pain?
- 9.) How does planning and being prepared help you in your decision making?
- 10.) Are there certain people or places you consult with or confide in when important decisions need to be made?
- 11.) Have you found any phone or computer apps that have helped improve areas of your life?
- 12.) What strategies have you incorporated to help when making challenging decisions? 13.) How do you choose activities that will be a fit for you and your chronic pain or conditions?
- 14.) What relaxation techniques and mindfulness strategies have you found helpful to reduce stress and improve focus?



- 15.) There are many different forms of communication. What have been the most effective ways you are able to communicate effectively? To have open communication?
- 16.) What new things have you explored and found enjoyable recently that was a positive decision?
- 17.) How have adaptive equipment and other healing modalities changed how you are able to move about in your life after deciding to get them/use them?
- 18.) Are you able to add positive self-talk and self-compassion when looking at the best options, treatments, and all viewpoints?
- 19.) What are the ways you celebrate yourself and your accomplishments? Knowing accomplishments look different to the pain community than they may to others. How do you celebrate yourself? (little rewards, positive self-talk, massage, phoning a friend, ice-cream treat, retail therapy, etc)
- 20.) What are your favorite activities, games or hobbies that help with focus and clarity?
- 21.) What have been some changes you have made with nutrition since having chronic pain? Have you found ways to implement new recipes or new dietary changes that you have found helpful?
- 22.) Who is your support that can help in making decisions easier to navigate? (patient advocate, family, friends, support groups)
- 23.) What tools have been helpful in social situations to help you not isolate and be able to participate? (bring a yoga mat to lay down, call ahead for accommodations, etc)
- 24.) What process has been effective when making small and large decisions for you now since living with chronic pain? (making list, getting quiet, reaching out to a counselor or therapist, finding someone with lived experience)
- 25.) What strategies have helped you with frustrations that come along the way? Please share your tips, tools and guides that have helped you.
- 26.) How have you learned to manage your energy levels? (low stimulation, stillness, meditation practice, mindfulness, restorative practices, pacing, etc)
- 27.) Do you prioritize your sleep? And, in what ways have you been able to improve the quality of your sleep?
- 28.) How do you prioritize your day to best manage your pain and other symptoms? (breaking



down tasks, setting alarms, keeping a routine, having a schedule)

29.) Are you able to ask for help and delegate tasks or decisions to others? If so, how did you do this and what helped in accepting help from others?

30.) What are your self-care priorities? And, how do you schedule these throughout the day?