



Connection to Self-Questions

- 1.) How have you been able to focus on what you can do and identify your strengths?
- 2.) What are the ways you have learned to be more patient with yourself?
- 3.) If your senses have been heightened due to pain and illness, what are the ways you have found to self-soothe? (compassionate self-touch, tapping, cold compress, cool showers, low stimulus room, low hue light, etc)
- 4.) What tools or strategies have you found to help center yourself?
- 5.) What has been the most effective way you have found to decompress?
- 6.) Are there certain check-in questions that you ask yourself each day/week that are helpful in managing your chronic pain and symptoms? (What does my body need? How do I feel at this moment?)
- 7.) What are some of the ways you choose to rest and recharge?
- 8.) What are some hobbies or activities that you have found to boost your mood and overall well-being?
- 9.) What mindful practices have you found to help you focus on the present?
- 10.) What new pursuits or activities have you added to your life since pain that you didn't do before? (volunteering, walking, art, sewing, basket weaving, pen paling, etc)
- 11.) Is the practice of self-care something you have always done or is this something that you have added into your life? Please share and what is your self-care practice?

12.) Are there things that are important to you now that you didn't notice or recognize before? (birds chirping, smell of lavender, connection with others, a good mattress or pillow, comfy clothes, support groups)

13.) How have you had to adapt your role to accommodate your pain? (Whether it's at work, home, hobbies or how you are with friends and family)

14.) What tips can you share that you have found important when building a support system?

15.) How do you treat yourself with kindness and understanding? What is your practice of self-compassion?

16.) What strategies do you find helpful for replacing negative thoughts with positive thinking and self-talk?

17.) Do you highlight your wins and small victories? What are your wins? (today or this week)

18.) What are you doing when you lose track of time? What are things that you find joy in doing?

19.) When you feel yourself wanting to do it all, what helps you in those moments?

20.) Do you take time to express what you need to others? (support system, healthcare professionals, friends, family, colleagues, etc)

21.) What sensory gadgets do you use to help you care for yourself? (weighted blankets, headphones, blue light glasses, fidgets, etc)

22.) What are a few grounding techniques that help calm and center you?

23.) What are your top favorite feel good songs and movies you listen/watch to?

24.) Have you found expressive writing or journaling helpful to connect with yourself?

25.) What is a self-care activity that brings you the most fulfillment?

26.) Where is a space at home or where you spend the most time, that you could make more comfortable for yourself?

27.) What is one place, it can be fictional, that makes you feel calm?

28.) What is your best time of day? Is it your favorite time of day or the best time for your pain? Or both? (Maybe you like quiet time before everyone else gets up, or you're a night owl, or you like the mornings best because that is when your pain is "better")

29.) In what ways do you acknowledge your strengths and abilities??

30.) How have you incorporated pacing into your daily routine?