



Questions-Resilience-Rolling with the Punches

“Resilience is the ability to adapt, recover, and grow stronger in the face of stress, challenges, or adversity.”

- 1.) What tool or habit helps you adapt quickly when plans change due to pain or symptoms?**
- 2.) What’s one change you’ve had to make that ended up being surprisingly positive?**
- 3.) Have you found ways to problem solve with compassion instead of frustration? Please share what has helped you.**
- 4.) How has being part of a peer group contributed to your resilience?**
- 5.) When something expected happens, as they often do living with pain and various conditions, what helps you stay grounded?**
- 6.) What strategies help you practice flexibility in your everyday life with chronic pain?**
- 7.) What does resilience mean when rest is the most you can do that day?**
- 8.) How do you honor small acts of strength that others may not see?**
- 9.) What is one tip or tool that helps you stay centered on difficult days?**
- 10.) Can resilience look different from day to day depending on pain levels and symptoms? What does resilience look like for you on these days?**
- 11.) What strategies help you stay open to new coping skills and tools when the old ones stop working?**

- 12.) What routines help you feel more stable and flexible at the same time?**
- 13.) What tips can you share that have helped build yourself back up after a tough day with pain?**
- 14.) What helps you stay flexible without feeling like you are giving in?**
- 15.) How does talking to others who understand chronic pain help your resilience?**
- 16.) What does “self-care” mean on a day when things haven’t gone as planned?**
- 17.) What daily coping strategy has become essential for you?**
- 18.) How has rolling with the punches helped you feel empowered?**
- 19.) How do you know when it’s time rest versus time to push through? Does your body give you cues?**
- 20.) Have there been ways you have learned to prepare for unpredictable flare days?**
- 21.) What’s a trick (or workaround) you’ve created that helps make life smoother?**
- 22.) What role does humor or laughter play in helping you roll with the punches?**
- 23.) How do you explain to others that your plans may change at the last minute?**
- 24.) What are the ways you have learned to balance the ebbs and flows of living with chronic pain while also staying hopeful?**
- 25.) What’s one way you've surprised yourself by being resilient?**
- 26.) What does “doing your best” look like on a high pain day?**
- 27.) Is there a saying, phrase, or affirmation that helps in moments of disappointment?**
- 28.) What helps you find peace in unpredictability?**

29.) Do you have people or spaces that help you remember your strength and resilience?

30.) What's something you used to think you "had" to do, but now approach it differently?