



## **Pacing Discussion Questions**

**May 2026**

1. What are some strategies you use for setting limits and pacing?
2. Do you take time to reflect on what went well/ what didn't go well yesterday?
3. What are ways you've found to ask for help when you need it?
4. How do you reflect on gratitude on especially tough days?
5. Have you found apps or websites that are useful for planning your day?
6. How do you communicate to others when you need to cancel something at the last minute?
7. What helps you set reasonable expectations for what you can do when your pain is flaring?
8. What are ways you set aside time to build and maintain connections with others?
9. How do you organize your day to prioritize your goals?
10. Do you schedule breaks to help manage your energy throughout the day?
11. Have you made progress in embracing your abilities as they are?
12. Do you regularly plan something fun or relaxing to look forward to? Explain.
13. In what ways do you adjust your work and expectations if your pain spikes during the day?
14. Do you find taking short, frequent breaks during the day helps you pace yourself?
15. How might you approach turning a large task into smaller, more manageable steps?
16. How do you stay motivated when things don't go as planned?

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17. What helps you to not overdo it on good days?
18. How do you find ways to eat healthy when your energy is low?
19. What do you say to friends and family when you are unable to do something or go somewhere because you need to rest?
20. How do you acknowledge and honor your limits?
21. On days that feel extra challenging, who do you lean on for support?
22. Do you break down chores into shorter steps as a way to pace yourself?
23. When your pain is flaring, how do you show yourself compassion and kindness?
24. Do you practice preemptive rest as a way to manage your energy?
25. What happens when you try to push through the pain?
26. Have you used a timer or phone alarm to remind you not to overdo it?  
If not, do you think it would help?
27. How do you prioritize gentle movement when you plan your day?
28. Do you evaluate your pain and energy (spoons) levels before an outing, as a way to factor them in your day?
29. Do you give yourself permission to rest before it's absolutely necessary?
30. Have you found ways to avoid comparing yourself to others and their abilities? What helps?
31. Do you find ways to avoid the boom and bust cycle of pain and energy?
32. How do you set realistic goals for your week?