



Acceptance and Reinventing Ourselves

Discussion Questions

June 2026

The term acceptance means actively engaging with life as you are today. It's not giving up nor losing hope.

1. What are some ways you can improve your quality of life given your current pain and/or illness?
2. How does pain impact your everyday tasks and routines?
3. How do you ask others for help or support?
4. How does your self-talk influence your daily life?
5. What skills or tools do you use to help get you through the day?
6. How do you show yourself kindness and understanding?
7. What advice would you give to someone who is struggling to adapt their lives to chronic pain?
8. What are some tools you have found to help your body relax?
9. How do you practice self-compassion?
10. How do you balance your daily tasks with accepting the limitations that chronic pain imposes on your life?
11. What happens when you resist reality instead of accepting it?
12. When you are having a tough day, how do you recognize and deal with your pain?
13. In what ways do you acknowledge your strengths?
14. How do you express your thoughts and feelings to others or to yourself in a journal?

15. What are ways you practice staying present?
16. How do you set realistic goals and expectations for yourself while living with chronic pain?
17. What are some helpful resources you have found as you've adjusted to living with chronic pain? (websites, books, podcasts, etc)
18. How has acknowledging your pain experience helped—or challenged—your ability to adapt?
19. What does self-compassion look like for you on high-pain days versus low-pain days?
20. Are you able to say no to things that are not important?
21. Would you consider trying a gratitude practice for a week? (For example, you could write down 3 things you feel grateful for each day, and see if it's helpful.)
22. What habits, routines, or mindsets have helped you create a meaningful life despite pain?
23. What parts of your “old self” have been hardest to let go of, and why?
24. How do you communicate your needs and limitations to others in a way that feels honest?
25. What are ways you practice mindfulness or relaxing techniques?
26. How has chronic pain affected your relationships?
27. What are some ways you've learned to honor your body instead of fighting against it?
28. Can you accept that rest is an action too?
29. How do you find moments of joy or meaning in your life despite the presence of chronic pain?
30. What's your preferred way to get support when you need it?
31. What are ways that you have grown since having chronic pain or illness?
32. Are you able to accept where you are, today, in this moment?
33. What are ways you can focus on what you can control?