



Be Pain Smart – My Role

Coming to terms with your pain

Acceptance or coming to terms with your pain is not giving up, but getting on with your life, despite your pain.

Read the statements below and tick the ones that sound true to you.

Accepting my pain means...

Recognising that there is not an easy answer

Giving up hope

Getting used to it

Being a quitter

I can still change my life/situation

Lying down and taking it

This is the way it is, whether I like it or not

Having no hope for improvement

Adjusting

Being weak

Acknowledging the facts

Nothing will ever change



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Think about what it would mean if you do not accept your pain. Will this help you get rid of your pain or will it help you to meet your goals? Does fighting your pain make you feel better? Think about these questions and read the example below.

What would it mean to not accept your pain?

If I do not come to terms with my pain, it will mean that I will stay trapped in this constant fight and struggle with myself about my pain. It will mean that I am stuck, and I will not be able to move forward with my life. I used to think that accepting my pain meant that I had given up or I had my head in the sand, but now I know if I do not accept my pain, I will keep being angry and get more stressed and worried – none of that will help my pain.

How could you come to terms with your pain, and not feel like you have given up?

I now think that coming to terms with my pain will make life easier. It is like when you get lost – if you do not figure out where you are now, you will not be able to find your path out.

I have spent so much time, money and energy trying to get rid of my pain and it is still there and now everything else is worse. Accepting my pain will mean that I can focus on managing things now and not worry about what will happen in the future.



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Now it is your turn to write down your thoughts about coming to terms with your pain.

Consider what it would mean if you do not accept your pain. Will this help you get rid of your pain or will it help you to meet your goals? Does fighting your pain make you feel better? Think about these questions and read the example below.

What would it mean to not accept your pain?

How could you come to terms with your pain, and not feel like you have given up?