



## Be Pain Smart – My Role

# Adjusting to the new you worksheet

### Values first...

Take the time now to remind yourself of your values and how you can use them to manage your pain. Write your answers to the questions below.

**What is most important to you now? What matters to you now?**

**What do you want for your future?**

**What are your priorities?**



## Be Pain Smart – My Role

What are your values?

How do you stay true to your values?

### Your identity

Take some time now to remind yourself of who you are, your strengths and supports so that you can use these to help manage your pain. Ask yourself the following questions and write your answers below.

How are you still you? How are you the same?



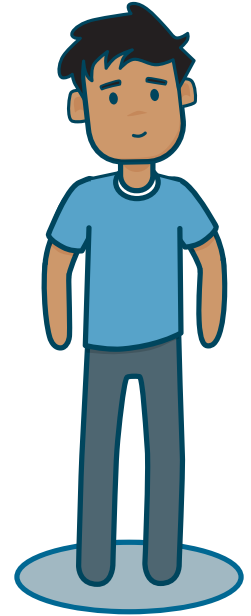
# Be Pain Smart – My Role

What are your strengths?

What are your challenges? What are the things you need to work on?

How can you work on these?

How do you see the new you?





## Be Pain Smart – My Role

How can you get there?

Who can help you? Who can support you?

How will you use your values and strengths to manage your chronic pain?