

My Flare-Up Plan:

What are early signs that I am about to have a pain flare-up?

Pain Sensations:

Thoughts:

Moods:

Behaviors:

Triggering situations:

Anticipate skills you might use to better manage your pain:

- Identifying and challenging negative thoughts:
How can I respond to above thoughts? What coping statements can I use?

- Relaxation – Breathing, imagery, Progressive Muscle Relaxation
- Change activity-rest cycle (e.g., reduce activity by half, increase slowly to pre-flare up levels over the course of three days, decrease activity by approximately 50% each hour).
- Pacing
- Medical interventions - Take medication as prescribed by physician
- Attend regular medical appointments
- Seek support (family, friends, support group) – for emotional support, practical support
- Assertive communication
- Distraction through pleasant activities
- Use of humor
- Other: _____

*Anticipate barriers to implementing your plan, and strategies for overcoming them.
(e.g., using assertive communication or positive coping statements if a critical friend of a loved one tells you that you are “being lazy” when attempting to use pacing techniques).*

Review and revise

Did your plan work? What worked? What did not? What might you add to the plan the next time?