

## Anticipating Obstacles: Plan for Coping

People have many challenging situations in their lives and it is expected that certain obstacles will arise. A difficult day may involve life stressors and increased pain symptoms. The best time to plan for how you will best cope with and manage your pain during one of these days is *now*.

Below, identify the *specific* things in your life that may be triggers for pain flare-ups, as well as how you may cope with challenges using the skills that you have learned.

### **Potential Obstacles/Triggers/Stressors:** *(Example: Kids fighting, Cold weather)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### **Ways to Cope:** *(Example: Walking, Deep breathing, Pleasant activity)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### **Remember:**

BE PREPARED! The best defense is a good offense.

Consider all the tools you have learned and do not undersell yourself or let automatic negative thoughts (ANTs) sabotage you.

Contact friends, family, and health care providers who are there to provide support as needed. Use humor and remember: Tomorrow is a new day!

## Weekly Activities Schedule

Use the schedule provided to plan your activities for the upcoming week. Be as specific as possible and include items such as doing the dishes as well as the pain management strategies you will employ regularly such as using relaxation techniques.

*Be realistic* in your planning so that you are able to follow the schedule. **Remember:** Failing to plan is planning to fail!

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:00 am							
8:00							
9:00							
10:00							
11:00							
12:00 pm							
1:00							
2:00							
3:00							
4:00							
5:00							
Evening							

# SMART Goal Setting

A SMART goal is set using the following guidelines:

<b><u>S</u>pecific</b>	<b>Identifies a specific action or event that will take place.</b>
<b><u>M</u>easurable</b>	<b>Should be quantifiable so progress can be tracked.</b>
<b><u>A</u>chievable</b>	<b>Should be attainable and realistic given resources.</b>
<b><u>R</u>elevant</b>	<b>Should be personally meaningful and really matter.</b>
<b><u>T</u>ime-Bound</b>	<b>States the time period for accomplishing the goal.</b>

*Adapted from Doran, 1981*

## Short-Term Goals

Short-term goals can be accomplished over the course of the next several weeks to months. Once goals are identified, track them on a weekly basis to ensure that progress is occurring. If it is not, make adjustments as needed. For each goal, consider if it fits the SMART criteria listed above. These should be personally meaningful goals that motivate you to apply the skills of the Brief CBT-CP program.

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## Long-Term Goals

Long-term goals are those for the next 6-12 months or perhaps even longer. These are often our most important goals for the future, so they can be an important motivator.

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