Pain ‘First Response’ Plan

**1. RECOGNISING**

What triggers pain for you at the moment?

*E.g. particular movement, stress*

What thoughts, feelings, body sensations, and behaviours arise when you experience pain?

*E.g. ‘It’s always going to be like this’, anxiety, restlessness*

In your experience, what ways of reacting to pain in the moment make things worse?

*E.g. pushing through, ruminating*

**2. RESPONDING**

What ways of responding to pain do you find helpful in the moment?

*E.g. hot water-bottle, breathing exercises*

What practices or concepts have you learned from the Mindfulness for Pain toolkit that would be helpful first responses to pain?

*E.g. recognizing driven doing mode, grounding*