

Worksheet: Graded Exposure for Chronic Pain

<p>Step 1: Think of something you would like to be able to do.</p> <ul style="list-style-type: none"> - Make sure it is safe - Make sure it is realistic - Check with your doctors 	<p>Step 2: Figure out what you need to be able to do physically to achieve those goals</p> <ul style="list-style-type: none"> - Every activity is made up of smaller activities - Think about what you need to be able to do 	<p>Step 3: Figure out how much of each activity you can safely do now.</p> <ul style="list-style-type: none"> - Figure out your baseline. - How much can you do without making your pain or other symptoms worse? 	<p>Step 4: Figure out a safe rate to increase your activity levels</p> <ul style="list-style-type: none"> - Start low and go slow - Pick a very safe rate - Check with your doctors