

## **Personal Projects:**

One of the main goals for the group is to help develop a range of tools in support of managing pain. Coming to the group consistently is the first step in achieving this goal. The second step is using these tools in your daily life.

The weekly personal project is designed to provide you with the opportunity to practice the new tools you are learning and consolidate ones that you have found helpful to date. You can do this by setting aside a specific part of your day to practice, or you could try a new tool during your normal daily activities, such as when preparing meals or getting ready for the day.

To support and encourage you to practice what you are learning, we will help you assign a personal project each week based on a topic we have discussed. We ask that you have a go and run some experiments applying what you have learnt in your own life and complete the personal project sheet to bring to the next session so we can discuss your experience and as a group we can problem solve and obstacles that show up.

Our hope is that over time, the tools that you are learning and practicing will help you to act in line with what is important to you in spite of pain, with helpful side effects of this across all your wellbeing.

## **Review of personal projects:**

How was your personal project?

What did you notice or learn?

How does doing your personal project move you closer to doing what is important to you?

If you didn't do your personal project what got in the way?

Possible solutions to the obstacles that showed up are;

1)

2)

3)

What I will try to do differently next time this obstacle shows up for me .....