

Pain is complex and will not just shut down. The alarm system, your nerves, will steadily decrease its sensitivity. During this period, you will experience discomfort while performing exercise and day-to-day tasks. This is expected and again, part of being extra sensitive. Movement is essential to your recovery. Develop some phrases or sayings you can have ready when you encounter some soreness. Remember, you are going to “tease” the pain barrier. Below are a few examples. Memorize them and perhaps think of some for yourself.

- Sore but safe.
- Hurt does not equal harm.
- The soreness is from my sensitive nerves.
- Just because I hurt, it doesn't mean something is broken.
- I'm just sensitive, sore and out of shape.

Having no goals is not uncommon in people struggling with constant pain. Having no goals, however, is like a boat without a rudder. Sure, old elaborate goals need to make way for smaller ones, but you need to start somewhere. Below are some categories and examples. Develop a goal in each category. Be specific.

- **EXERCISE:** This could include a percentage of scheduled workouts from your exercise plan that you completed, a certain distance or time, completing a charity walk by a certain date, or losing X number of pounds.
- **SOCIAL:** Think of social activities you haven't done for a while and would love to get back into. This could include going to the mall; family gatherings; having the family, neighbors or friends over for dinner; date night; going to movies; going out to dinner; or meeting someone for coffee.
- **TASKS:** Think of tasks that would add to your quality of life if you could do them regularly. Certainly, no one likes doing laundry, but the satisfaction of being productive and helping the family is meaningful. This can include doing laundry, cleaning floors, vacuuming, cutting the grass, taking care of the flower beds, organizing closets or a garage. Remember, it doesn't have to be done all at once.
- **FUN:** Think of the things you'd really like to do, such as dance again, take a trip, complete a degree or start a business.

In Task 2, you were asked to compile some goals. Write them down below and then create at least four smaller steps below it. For example, a goal might be inviting family over for dinner. The smaller tasks may include the following:

- ☐ **Pick a date and mark it.**
- ☐ **Make a list of people you will invite.**
- ☐ **How will you invite them? Will you make a phone call or send a written invitation?**
- ☐ **Plan the menu.**
- ☐ **Plan the ingredients needed.**
- ☐ **Plan the shopping trip.**
- ☐ **What preparation can be done in advance?** This may include a schedule where ingredients are prepared a day or two in advance. Can the table be set in advance? Prepare one ingredient every two hours so you aren't doing too much and causing yourself to crash later.

Education is therapy. Learning about the neuroscience of fibromyalgia will help you get better. As you move through the workbook, it's important that you ask questions. Your healthcare provider will help you answer these questions. Use this page to write down any questions you have up to this point based on this session.

Write your questions here.

1. _____

2. _____

3. _____

4. _____
