

MAKING YOUR OWN SETBACK PLANS

You will need to write your own plan so that when setbacks happen, you are ready to act.

Make sure to have:

- Activities mixed with **short** rest breaks.
- Regular relaxation exercises.
- Plans about asking others for help (like with a job or daily chores).
- Plans about **telling** other people about your setback plan.

It helps to:

- Keep track of your activities and goals.
- Remind yourself to focus on your thoughts and to challenge negative thoughts.
- Look at the *Pain 101* chapters and worksheets.
- Be kind to yourself whenever you have a setback.

Note: It is a good idea to re-write your setback plan after you're done so that you can learn from the experience.

Setback Plan EXAMPLE

Setback	Plan to deal with setback	Did I use my plan? How could I prevent this setback? What could I do differently next time?
<i>When I try to do many things on a busy day, my pain flares up and that keeps me from doing my usual activities.</i>	<i>On days when I have a lot to do, I could still do activities that I can, but maybe I should just take more rest breaks.</i>	<i>I did take more rests, but I didn't do everything that I wanted to. I think that taking more rests helped, but I think that I also need to make sure that I pace myself.</i>

This is my own setback plan. When I have a setback in the future, this is what I'll do:

Setback	Plan to deal with setback	Did I use my plan? How could I prevent this setback? What could I do differently next time?

**After your setback, ask yourself if your plan worked.
If your plan did not work, you may have replace it with a new plan.**

