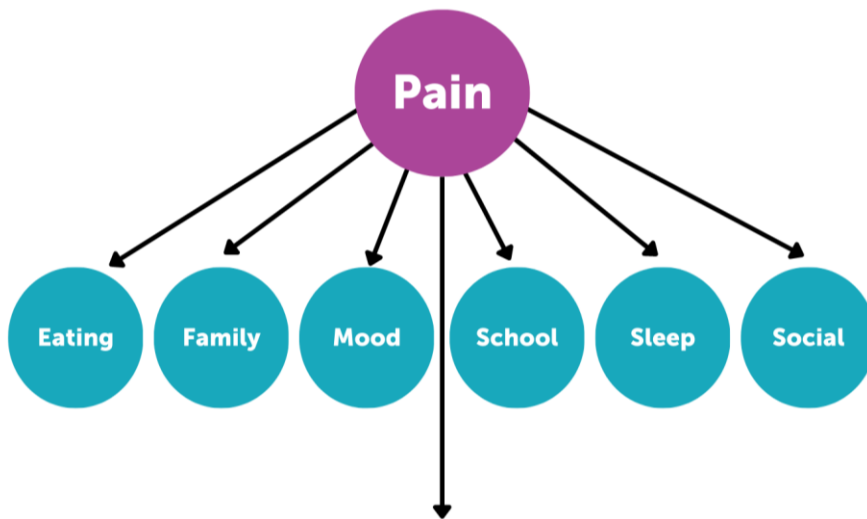




Abdominal Pain Worksheet 2

Areas To Think About When Planning Future Goals, For Reducing The Impact Of Pain

1. Consider areas that you want to change or improve.
2. Try to set goals you are capable of achieving using determination. Do not underestimate your ability!
3. Have faith in yourself - your thoughts can affect how you physically feel!
4. Write down your goals. It will help you to see what you have achieved.
5. Do not panic if you do not achieve your goal. Think about why. Perhaps you need to add in smaller step to achieve the long term goal?
6. Reward yourself when you achieve a goal!



Write down any other areas of your life that have been impacted by your pain:
