



The pain is gone now what?



(Adapted from: “Get out of your mind and into your life” Steven C. Hayes 2005)

Our language acts a symbol to remind us of our pain even when we are not directly in a painful situation. It can pop into our head at any time as a result of current events we are experiencing, even if they are positive ones.

Now take some time to think about what your life would be like if this pain, or suffering did not have any impact on you. What would you do? How would you live?

Choose something from the list you made last week and write down what you would do if that issue wasn't a problem any longer. Think big, think about what your life overall would be like.

Fill in the following

If _____ were not a problem for me I would

Example

If **depression** weren't a problem for me I would **participate more in life, socialise more and engage with friends and family more easily.**

If **work stress** weren't a problem for me I would **have more energy to go to the gym and improve my fitness and I would have more time for those I love**