

MANAGING SUFFERING WHILE ENGAGING IN ACTIVITIES

You may find that you have an increase in discomfort and suffering when you engage in activities. Yet, if you control how you think when active you can guide your response to suffering, and feel better over all. Below is a self-dialogue to say when engaging in activities.

SELF-TALK BEFORE BEGINNING ACTIVITIES

I am about to start this activity. It will not be easy. I will feel _____ (e.g., pain, fatigue) or have _____ (e.g., weakness, tremor) and that will be upsetting. Prepare for that.

Let the suffering into my life. It is part of me. Do not hate it.

Doing this activity will not be easy. Do not get upset about that. Live with the difficulty that comes with doing a task.

Allow my symptoms to exist. They are a part of me and cannot be avoided.

Do not hate the disease. Do not hate my symptoms.

My body is me. Do not hate my body. Do not hate what my body has become.

Do not get mad because my body is hurting. That will make things worse.

Put my attention on other things. Do not dwell on what is distressing.

It would be preferable if I did not have this disease but I have it.

I must accept the disease. Live with it. It is part of me now.

Suffer my disease well. I want to feel proud of myself. I can bear-up.

SELF-TALK WHILE EXPERIENCING SUFFERING

I am going to suffer while doing this normal life activity and that has to be accepted. It is what comes with having a chronic illness.

Completing this activity is difficult, but I can do it. I can bear-up.

Things will not come as easy as they used to be. Accept that. Do not get mad because life is not as easy as it used to be.

I feel _____. Do not get mad about it. Anger about that will make me feel worse. It will tighten up my body.

Do not hate the suffering. It is part of my life now, a part of me.

Let it in. Do not try to keep it out. I will feel worse if I do.

Do not be at war with my symptoms.

Do not make the suffering foreground on my mind. Notice what is pleasant in this situation, regardless of the suffering.

SELF-TALK WHEN HATRED OF ILLNESS RISES

I am having problems dealing with my illness. I hate my symptoms. That means that I am fighting against reality. That is not good.

Hating this disease means I hate my body. Focus on what I like about my body and not what I hate about it.

Do not get angry. Take a few deep breaths. Relax. Let the tension go.

I can stand having this condition if I choose to.

I will feel worse when I hate how my body is feeling.

I do not want to get involved in thinking that my life is not fair, that I do not deserve this. Thinking that way will only make me feel worse.