

OVERCOMING CHRONIC PAIN



Now start to explore your pacing style.
Fill in the Pacing Diary below for at least two days.
To do this you will need to:

- shade in the boxes for the hours when you were asleep;
- write what you were doing and for how many minutes each time;
- write down when you took a break, sat down or lay down, and for how long.

PACING DIARY: MY TYPICAL DAY

Time	Day, e.g. Wednesday	How many minutes did you do?
6 a.m.		
7 a.m.		
8 a.m.		
9 a.m.		
10 a.m.		
11 a.m.		

BALANCING DAILY ACTIVITIES THROUGH PACING

12 p.m.		
1 p.m.		
2 p.m.		
3 p.m.		
4 p.m.		
5 p.m.		
6 p.m.		
7 p.m.		
8 p.m.		
9 p.m.		
10 p.m.		
11 p.m.		
12 a.m.		
1 a.m.		
2 a.m.		
3 a.m.		
4 a.m.		
5 a.m.		

When you have completed your Pacing Diary, what do you notice about your pacing style? Use our questions to guide your thinking.