

My Action Plan

These are some questions to guide your action plan, suggested by people with pain (like Mario, Jackie and Denise). Discover what works well for you and explore the useful resources at the end of this book.

1. What moods shall I work on now? If I feel stuck, what would a best friend suggest?
2. When shall I work on my mood? Today, this week?
3. What will I try to help me have better moods?
4. How can I reward myself for my actions?