

# Grünberg Patterson Centre for Counselling & Assessment

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## Beautiful Anyway: A Ten-Step Approach to Living Well with Chronic Pain

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People in Pain Network

The 10 Steps are:

1. Stop apologizing and drop the shame. Chronic Pain is not a personal failure.
2. Grieve what is lost. Chronic pain is not an illness, it's a disability. Much has changed. Things that once gave us joy—beloved activities, the comfort of a pain-free body, and even important relationships fall away. It's important to acknowledge loss.
3. Shake hands with pain. Pain is not a stranger. We will look at how artists, writers, and spiritual traditions have looked at pain in the past.
4. Develop a Language to communicate about pain. No whining: just clear, useful and dignified information sharing.
5. Downsize life. Pain takes up a lot of room and energy—it helps to think small.
6. Practice curiosity about the body and pain. Here is where begin to we learn about how pain works.
7. Build your personal repertoire of pain relief and feeling better strategies. This is an ideas-sharing session. Learning what works, when and how to use it takes years! But this is a good start.
8. Pay attention to what you love about life—not what you wish for, but what is there already. Increase the brain's recognition of good stuff.
9. Watch what stories you tell about your pain. Don't let pain represent the tragedies of life through your body; remember, it's just pain.
10. Build a spirituality of beauty, gratitude and wonder.