

REINTEGRATION

SESSION 14 OVERVIEW:

Neurologically speaking, reintegration involves a return to more normal levels of brain activity, more normal levels of neurotransmitters and hormones, and more balanced functioning among executive functioning and emotional centers of the brain. There may be a feeling that your problems and pain no longer occupy center-stage, or that there is more room for other aspects in your life. The physical experiences of your pain may also feel different, perhaps, less intense, scary, and inevitable. Your ability to live in the now and feel grounded and present should feel strengthened. These changes should coalesce into a 'new you'. Your self-esteem and identity should come from pursuits that matter to you emotionally, rather than your survival-made goals. A vital element of getting better is to recover your ability to look forward to the future. While everyone has a different chronic pain journey, all journeys involve the concepts discussed throughout this program to some degree. Every chronic pain sufferer must learn to manage pain and associated mental distress, resolve past trauma, come to terms with the meaning of their pain, deal with major stressors to better care for themselves, and bring it together in a new sense of self. Through redefining your future and outlook, or setting boundaries for yourself and changing perspective, we can learn to trust ourselves again and will no longer feel defined by what happened to us in the past.

AT HOME PRACTICE:

Lesson 14 Assigned Exercises:

- [Program Reflection \(page 2\)](#)
- [Putting It All Together \(page 3-4\)](#)



Proceed to pages 2-4 for the final reflection exercises of the program. Complete the Program Reflection within a week after the final chronic pain session. Putting It All Together may only be attempted after you feel you have made noticeable progress in your journey. Finally, be sure to practice and maintain the strategies built throughout the program for long term management of chronic pain. Continuation of use of the Overcoming Pain App with non-noise cancelling earbuds is highly recommended for best long term management.

Program Reflection:

Can you imagine yourself coping with pain, trauma, and its effects on your life? How do you see yourself based on what you have learned?

Can you see yourself coping better with future challenges? If not, what is stopping you from seeing yourself cope better?

What would need to happen for your to cope better?

Imagine a happy life in the future, based on your best self as you are now. Who is around you? What have you achieved? How do you feel about yourself?

Putting It All Together:

Read before completing: This exercise should only be attempted after you feel you have made noticeable progress in your journey!

When you think of what you have been through, what do you feel is the most important thing you have learned about yourself?

What are you more accepting of, about yourself, as a result of your journey with pain?

When you think about your pain/trauma now, and all you have learned, what have you come to believe about yourself?

When you think of the future now, what do you see?

If you cannot answer any of the above questions in a positive manner, review the program and ask yourself what is missing and what you still need in order to move forward.

What would need to happen for you to have that need satisfied?
