

This is an interactive worksheet, so you can work through it on your computer by clicking on the boxes under the questions, or print it off if you'd prefer!

My Relationship With Movement Worksheet.

Before we can even start thinking about making changes, we need to have an understanding of our current experience. In many cases, that's easier said than done!

Having this awareness will give you a really solid foundation to build from, and it can be an opportunity to make choices about how you live your life with difficult symptoms.

Here are a few prompts to help you start thinking about your daily experiences. There is no right or wrong way to answer these questions. Just be honest and curious about what's going on!

Prompt 1: Using your energy throughout the day

Before answering this question, you may want to complete an activity diary, or note down your daily activities on your phone to get a more accurate idea of what's going on.

Do you have 'typical' days that all look quite similar? Or are you more active for a day or two and then do less because you experience significant pain and/or fatigue?

To control your symptoms and try to live your life, do you engage in more activity at certain times of the day, and less at others?

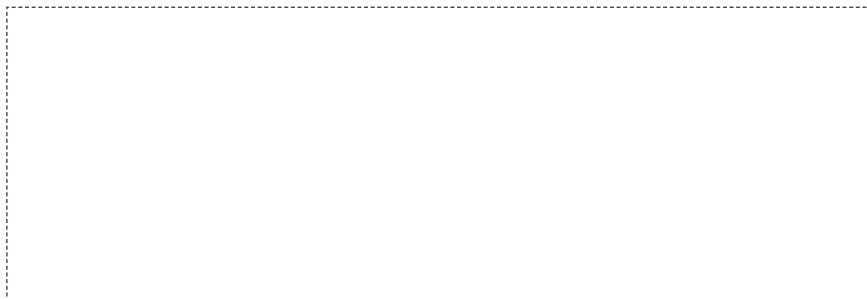
Do you notice your daily intentional and unintentional activity? How do you manage essential and important activities?

Prompt 2: Taking stock of your thoughts

Our minds can change how we act in ways that may no longer serve us, and having an understanding of what thoughts may pop into our head because of our past experiences can be a great way to untangle how to safely start approaching new habits and behaviours.

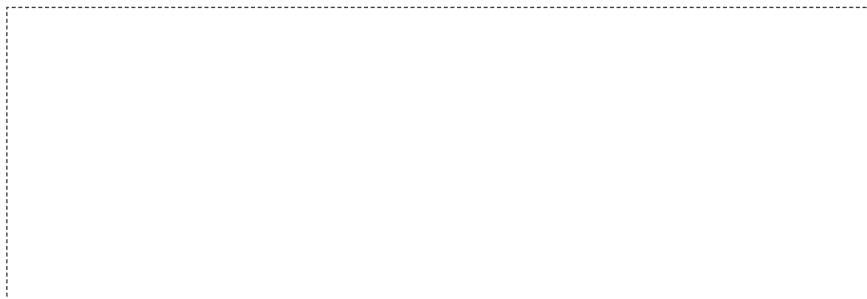
Do you notice what thoughts or sensations come up when you are doing, or think about doing, certain activities? For example, if something has caused you pain in the past, do you get stressed when you think about it, or do you experience an increase in pain just before you start a challenging activity?

Are there certain activities where you push yourself to complete the task, no matter what, resulting in a strain, fatigue or pain?



Prompt 3: Adaptations

What adaptations work for you, or have worked in the past? This can be anything from support from loved ones, to mobility aids and assistive devices.



Prompt 4: Honest noticing

Do you notice what thoughts or sensations come up when you are doing, or think about doing, certain activities? For example, if something has caused you pain in the past, do you get stressed when you think about it, or do you experience an increase in pain just before you start a challenging activity?

Are there certain activities where you push yourself to complete the task, no matter what, resulting in a strain, fatigue or pain?

Early signs	During a difficult event or movement	Consequences
<i>What do you notice before the difficulty or movement? What predisposing factors contribute to the difficulties?</i>	<i>What is actually happening in the moment?</i>	<i>What are the consequences of the difficulty or movement? How did you feel? What thoughts come up for you afterwards?</i>

Prompt 5: Imagine your future.

What do you want to spend your time doing? What is important to you and your life?

What do you value about yourself? What is your life direction or life motto? Pick 1-3 values.

Prompt 6: Finding your motivation

If we only do something because someone tells us we need to (for whatever reason) it can be a challenge exploring what is important to you is a great way to find your personal motivation!

What do you want to be able to do with ease? What do you need to do in your day-to-day life? What do you enjoy doing?

Do you want to return to an activity you enjoyed? Do you want to have the stamina to do a particular activity with family or friends? Do you want to find ways of relaxing?

Your Goal:

My goal is:

The value driving my goal is:

How I will feel when I achieve this goal:

When will this goal be achieved?

Who will help me with this goal?

What will get in the way of achieving this goal?

How will I address these barriers?

What small steps will help me along the way to my goal?