

## My Flare-Up Plan: Managing a Difficult 'Moment'

### 1. Preparation.

- a. Know your triggers (emotional, physical, relationships, etc).
- b. Rehearse positive/realistic statements about your ability to cope.
- c. Keep a copy of your flare-up plan somewhere easy to locate and share your plan with a support member.

**My triggers are:**

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### 2. Implementation of active coping strategies.

- a. Switch strategies as necessary.
- b. Watch out for mistakes in thinking. Negative thoughts only make the pain seem worse. What are your strengths?

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- c. Use positive coping statements in place of negative thoughts ("I've handled this pain before, and I can do it again." "I won't attempt to totally eliminate the pain, I'll just try to keep it manageable.")

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- d. What pain behaviors are you going to avoid? \_\_\_\_\_

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- e. Don't drink alcohol. Don't increase or change your medications.

- f. What are you going to do to relax? What technique are you using?

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- g. What distractions will you use? \_\_\_\_\_

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- h. Where are your pain management materials to review? \_\_\_\_\_

- i. How will you increase positive emotions (joy, humor)? \_\_\_\_\_

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- j. Who can you call on for support? \_\_\_\_\_

**My flare-up plan (the strategies I will try to help manage my pain or items you will put in your 'kit'):**

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**3. Reflect and Planning:**

- a. After the flare-up, congratulate yourself for trying the self-management techniques.
  - b. Evaluate how it went.
  - c. Modify and plan ahead based on what you learned.
  - d. Be constructive and thoughtful – not too critical but not too lenient.
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- What did you do well? \_\_\_\_\_
  - What did you learn about yourself? \_\_\_\_\_
  - What strategies worked? \_\_\_\_\_
  - What would you do differently? \_\_\_\_\_
  - What do you need to add to your list/kit? \_\_\_\_\_