Reconnecting Through Social Activities Despite Chronic Pain

Chronic pain can sometimes get in the way of social activities. You may feel too tired, worry that your pain will be too intense, or put chores or other responsibilities before social activities. However, maintaining social connections is a crucial part of leading a fulfilling and happy life.

This exercise will help you to re-discover the kind of get-togethers that you might enjoy. You will create a plan to increase positive social activities.

Step 1: Reflect on Activities You Enjoy

Take a moment to think about the types of activities you might like to engage in.

To help get you started, consider the following examples:

Meet at a coffee shop	Go to a sporting event	Meet at a dog park	Take a walk
Play a game	Meet for lunch	Garden	Visit a museum
Attend a concert	Volunteer	Go shopping	Cook a meal together
Watch a movie	Have a picnic	Create/join a book club	Go to a restaurant

Step 2: List Your Own Ideas for Social Activities

Identify at least four social activities you would like to participate in.

Page 1

Week 1 Activity

1. Select an activity from Step 2 that you'd like to do in Week 1.

   [ ]

2. Who would you like to do this activity with?

   [ ]

3. Approximately when would you like to do this activity - e.g., Monday afternoon, Thursday evening?

   [ ]

4. How will you invite the person/people to join you? Try to be specific so that you will be more likely to follow through - e.g., I will call Jason on Saturday morning, or I will send an email invite to Emily and Phil on Thursday night.

   [ ]

5. Sometimes it's easy to put off social activities, especially if we are out of practice. To keep your motivation fresh, write a little bit about why you want to do this activity.

   [ ]

6. Are there any barriers to doing this activity? If so, describe them below and possible solutions.

   [ ]

Week 2 Activity

1. Select an activity from Step 2 that you'd like to do in Week 2.

   ┌───┐
   │   │
   └───┘

2. Who would you like to do this activity with?

   ┌───┐
   │   │
   └───┘

3. Approximately when would you like to do this activity - e.g., Monday afternoon, Thursday evening?

   ┌───┐
   │   │
   └───┘

4. How will you invite the person/people to join you? Try to be specific so that you will be more likely to follow through - e.g., I will call Jason on Saturday morning, or I will send an email invite to Emily and Phil on Thursday night.

   ┌───┐
   │   │
   │   │
   │   │
   └───┘

5. Sometimes it's easy to put off social activities, especially if we are out of practice. To keep your motivation fresh, write a little bit about why you want to do this activity.

   ┌───┐
   │   │
   │   │
   │   │
   └───┘

6. Are there any barriers to doing this activity? If so, describe them below and possible solutions.

   ┌───┐
   │   │
   │   │
   │   │
   └───┘

Week 3 Activity

1. Select an activity from Step 2 that you'd like to do in Week 3.

<div style="border:1px solid black; height:60px;"></div>

2. Who would you like to do this activity with?

<div style="border:1px solid black; height:60px;"></div>

3. Approximately when would you like to do this activity - e.g., Monday afternoon, Thursday evening?

<div style="border:1px solid black; height:60px;"></div>

4. How will you invite the person/people to join you? Try to be specific so that you will be more likely to follow through - e.g., I will call Jason on Saturday morning, or I will send an email invite to Emily and Phil on Thursday night.

<div style="border:1px solid black; height:160px;"></div>

5. Sometimes it's easy to put off social activities, especially if we are out of practice. To keep your motivation fresh, write a little bit about why you want to do this activity.

<div style="border:1px solid black; height:160px;"></div>

6. Are there any barriers to doing this activity? If so, describe them below and possible solutions.

<div style="border:1px solid black; height:160px;"></div>

Week 4 Activity

1. Select an activity from Step 2 that you'd like to do in Week 4.

2. Who would you like to do this activity with?

3. Approximately when would you like to do this activity - e.g., Monday afternoon, Thursday evening?

4. How will you invite the person/people to join you? Try to be specific so that you will be more likely to follow through - e.g., I will call Jason on Saturday morning, or I will send an email invite to Emily and Phil on Thursday night.

5. Sometimes it's easy to put off social activities, especially if we are out of practice. To keep your motivation fresh, write a little bit about why you want to do this activity.

6. Are there any barriers to doing this activity? If so, describe them below and possible solutions.