

Six Self Care Questions

for people living with persistent pain



1 What's important for me?

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2 What's important for my health?

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3 What can I do to help myself?
(How does it affect me? What can I change myself?)

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4 What skills do I need to keep well?
(Do I have the information / knowledge about my condition?)

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5 What ongoing support do I need?
(Who else could be involved with me to help?)

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6 Do I know what to do if I get stuck?

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