

# Week 1 – Video 3 Homework

---

- ✓ Bring awareness to your thoughts – be specific.
  - How would your life change without pain?
  - Without pain, what would people notice about you?
  - What stresses you out about pain?
    - What is in your control?
    - What is not in your control?
- ✓ Continue with graded exposure for your value-based goal.
- ✓ Continue using body scans – formal meditation and informally.
- ✓ Use your positive affirmations multiple times a day.