PURPOSE:
This workbook is designed for individuals living with chronic pain, medical trauma, cognitive fatigue, and stress reactivity. The goal is not positivity or motivation, but stabilization, clarity, and agency.

INSTRUCTIONS:
• Complete only what you can. Partial completion counts.
• Write honestly and factually. No editing required.
• Stop if symptoms spike. Resume later.
• Total daily time: 20–30 minutes maximum.

WEEK 1: STABILIZATION & THREAT INTERRUPTION

THOUGHT–SYMPTOM MAPPING
Write one example per day.

Trigger (objective event):
_____

Automatic Thought (exact wording):
_____

Body Reaction (pain, breath, tension):
_____

Behavioral Response (what you did or avoided):
_____

COGNITIVE DISTORTION IDENTIFICATION
Label the dominant distortion:

Catastrophizing / Fortune-Telling / All-or-Nothing / Threat Overestimation / Mental Filtering / Control Fallacy

Dominant distortion today:
_____

This thought is likely driven by distortion rather than evidence.

NERVOUS SYSTEM REALITY CHECK
Write three true statements.

About my body:
_____

About my environment:
_____

About my current capability:
_____

WEEK 2: COGNITIVE RESTRUCTURING & FEAR DECENTERING

THOUGHT CROSS-EXAMINATION

Claim:
_____

Evidence FOR the claim:
_____

Evidence AGAINST the claim:
_____

Balanced thought:
_____

TRAUMA MEMORY CONTAINMENT
Write in third person. Stop before overwhelm.

_____

End with:
This memory is about the past. Right now, I am safe.

STRESS ATTRIBUTION REFRAME

My stress reaction right now is likely amplified by:
_____

WEEK 3: AGENCY & FUNCTIONAL RE-ENGAGEMENT

MINIMUM VIABLE ACTION

One task (≤10 minutes):
_____

Reason it matters:
_____

IDENTITY WITHOUT ILLNESS

Before illness/injury, I was someone who:
_____

One version of this still exists today as:
_____

VALUES-ALIGNED MICRO-CHOICE

One small choice today that reflected who I want to be:
_____

WEEKLY CHECK-IN (OPTIONAL)

Mental clarity (0–10):
Pain interference (0–10):
Stress reactivity (0–10):
Sense of control (0–10):