

## Phase I Worksheet

### **Step 1—Nail Down Diagnosis**

- Feel that you understand if there is or is not a structural problem
- Take the test for the Mind Body Syndrome
- Understand the soft tissues—“Eight Steps to a Pain Free Back”

### **Step 2—Write**

- Free writing
- Read the first third of “Feeling Good”
- Write in the “three column technique” of “Feeling Good”

### **Step 3—Learn Why Writing is Effective**

- Read “The Talent Code”
- Read “The Seed of our Undoing”
- Understand “reprogramming” the nervous system (website)

### **Step 4—Sleep (#1)**

- Learn how sleep affects pain
- Sleep hygiene
- Medications
- Stress management at bedtime
- Consider sleep disorders

### **Step 5—Learn DOCC Principles**

- Read DOCC outline
- Read the full or condensed draft of “Back in Control”—use it frequently as a reference
- Commit at least 30 minutes a day to learning about chronic pain—Schedule it!!
- Subscribe to the website

- Do not rush through any of these phases
- Read **all** of the links of phase I
- Actively engage in the protocol—you cannot improve by just reading
- Print this worksheet and use it to monitor your progression
- Practices you put into place will be ones you will be using the rest of your life
- Your spouse or partner must also fully engage—just have he or she use the word “stress” instead of pain