Week2: PMP work sheet 1

- Set two goals to complete for the week ahead.
- Think of some triggers that increase your pain.
- Imagine some ways you might turn down your pain.

M		
R T S M A R	M	
T S M R	A	
S M A R	R	
M A R	T	
M A R		
A R	S	
R	M	
T	A	

