

## 1 - 2 - 3 Punch Worksheet

### **Knock out your bad days**

The key to eliminating bad days and making the best of your good ones is a solid plan and honest self examination. Use this worksheet to organize your FibroFighting Team.

### Step 1: Recognize your pain

There is nothing worse than fighting an opponent you cannot see, but the fact of the matter is the pain that comes with fibromyalgia is very real. Oftentimes pain is triggered by events or emotions. You can better control your pain if you figure out what causes it to get worse.

Ask yourself these questions:

What did I do the day before my last bad day?

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Was I trying to get a long list of things done?

**YES    NO**

Was I preparing for a special event or social gathering? What was it?

**YES    NO**

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Was I under additional stress for any reason? Why?

**YES    NO**

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Was I trying to make up for a previous bad day?

**YES    NO**

Next make a list of things that you feel may have brought about your pain such as:

|                          |                            |
|--------------------------|----------------------------|
| <input type="checkbox"/> | Chemical exposures         |
| <input type="checkbox"/> | Certain foods or additives |
| <input type="checkbox"/> | Hormonal fluctuations      |
| <input type="checkbox"/> | Changes in stress levels   |
| <input type="checkbox"/> | _____                      |
| <input type="checkbox"/> | _____                      |
| <input type="checkbox"/> | _____                      |
| <input type="checkbox"/> | _____                      |
| <input type="checkbox"/> | _____                      |
| <input type="checkbox"/> | _____                      |

Identifying what causes your pain to worsen enables you to avoid unnecessary bad days.

## Step 2 : Just say NO!

As we grow up we learn what our bodies can and can't handle. Upon receiving a fibromyalgia diagnosis it is necessary to reexamine your body and relearn your limitations. Knowing your boundaries and staying within them will help increase the number of good days you have, and help you to stay positive.

Before you take on any activity, it is important to think about the consequences of your actions. Think back to the hypotheses you once made before an experiment in science class. Now apply that to yourself, in both a positive and negative way.

For example:

**Prediction:**

If I take a break today and read for 20 minutes, then I will be in a better position to have another good day tomorrow. **(Positive)**

**Prediction:**

If I agree to cook Thanksgiving dinner for the entire family, then I will be in no position to go shopping on Black Friday. **(Negative)**

After you have made your prediction, decide on your course of action. Remember to record your results, checking to see if what you hypothesized was actually true or not. Learning your limitations and listening to your body increases the control you have over your condition.

**1- Prediction:**

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**Actual Result**

*Positive    Negative*

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*Positive    Negative*

**2- Prediction:**

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**Actual Result**

*Positive    Negative*

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*Positive    Negative*

**3- Prediction:**

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**Actual Result**

*Positive    Negative*

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*Positive    Negative*

## Step 3 : Create a support system

Sometimes, despite all your efforts, you are going to have a bad day. This is the time when your friends, family and coworkers can step in and carry on the battle for you. By making a list of the people whom you can rely upon you will not only be better prepared when the time comes to call in a favor, you will also see how many people in your life truly care about you.

*Your list may include:*

*Tasks they can help with:*

|  |
|--|
| Parents<br>Siblings<br>Close Friends<br>Neighbors<br>Coworkers<br>Adult children<br>Health Care Professionals<br><hr/> <hr/> <hr/> <hr/> |
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|  |
|--|
| Running errands<br>Grocery shopping<br>House cleaning<br>Preparing meals<br>Listening<br><hr/> <hr/> <hr/> <hr/> <hr/> |
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Your FibroFighting Team should be well educated about your condition. They should also know beforehand what you may need from them, so that they too can be prepared to join the fight.

After filling this worksheet out, remember to keep it on hand and remind yourself of your personal findings, refining them from time to time. You will also want to keep close in mind the individuals that comprise your FibroFighting Team and depend on them to the fullest extent you can.