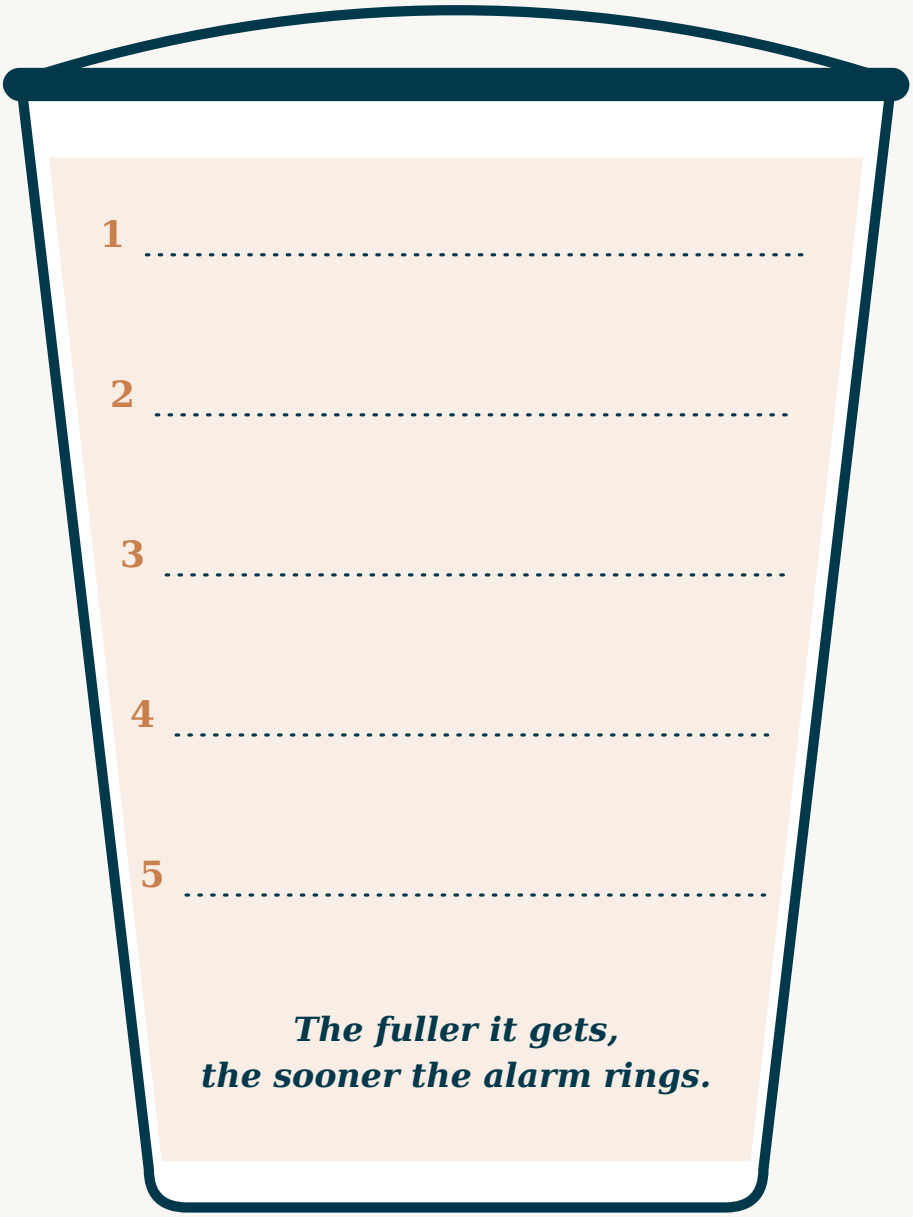
THE PAIN SHIFT™ · FREE STARTER

Map Your Bucket

See what's fuelling your alarm, and where to start.

1. **Write your top five fuels** inside the bucket.
2. **Circle the one** that feels most changeable.
3. **Choose one calmer** to try this week.



COMMON FUEL

- Poor sleep
- Ongoing stress
- Worry about what the pain means
- Doing too much on a good day, then crashing
- Long stretches of not moving
- Feeling run down or unwell
- Feeling isolated
- Fear of movement

Use your own words too.

My starting point (the fuel I circled):

.....

ONE CALMER TO TRY THIS WEEK

☐ Long exhale ☐ Wind-down ☐ Body scan ☐ Other:

When I'll do it: .....