

# Journal Exercise: Acceptance of Pain and Struggling

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*As you continue to reflect on the Acceptance of Pain and Struggling exercise, please record the details of your experience here.*

**What has it been like to struggle with this experience?**

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**What have I done to control this experience? Have my attempts to control my experience caused more distress or problems?**

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**What have I given up in the service of trying to reduce or control my pain? In other words, what have I sacrificed in my life that is valuable?**

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