

CBT Skills for Chronic Pain - Progress Checklist

Use this checklist to track your progress. Check off each activity as you complete it.

33 activities across 8 steps

Step 1: Introduction

Days 1-3

- ☐ Understanding Pain (Video)
- ☐ Breathing Exercise (Breathing Exercise)
- ☐ Gratitude Journal (Reflection Journal)

Step 2: Goal Setting

Days 3-5

- ☐ SMART Goal (Video)
- ☐ My SMART Goal (Reflection Journal)
- ☐ Avoidance and Pain (Video)
- ☐ Avoidance Journal (Reflection Journal)

Step 3: Pacing Activities

Days 5-8

- ☐ Pacing Activities (Video)
- ☐ Workout Plan (Reading)
- ☐ Pleasant Activities (Video)
- ☐ Pleasant Activities (Reflection Journal)

Step 4: Relaxation Training

Days 8-12

- ☐ Sleep and Pain (Video)
- ☐ Sleep Journal (Reflection Journal)
- ☐ Relaxation Training (Video)
- ☐ Relaxation Practice (Reflection Journal)

Step 5: Pain and Your Thoughts

Days 12-15

- ☐ Opioid Safety (Video)
- ☐ CBT for Chronic Pain (Video)
- ☐ ABC Model of CBT (Video)
- ☐ ABC Worksheet (Practice Worksheet)

CBT Skills for Chronic Pain - Progress Checklist (continued)

Step 6: Distortions and Problem Solving

Days 15-18

- ☐ Cognitive Distortions ([Video](#))
- ☐ Cognitive Distortions ([Reading](#))
- ☐ Problem Solving ([Video](#))
- ☐ Problem Solving ([Reflection Journal](#))

Step 7: Challenging Beliefs

Days 18-21

- ☐ Stopping Negative Thoughts ([Video](#))
- ☐ Challenging Beliefs ([Practice Worksheet](#))
- ☐ ABC Worksheet ([Video](#))
- ☐ ABC Worksheet Practice ([Practice Worksheet](#))
- ☐ Breathing Exercise ([Breathing Exercise](#))

Step 8: Coping with Hard Days

Days 21-24

- ☐ Getting Through Hard Times ([Video](#))
- ☐ Workout Plan Update ([Reflection Journal](#))
- ☐ Mindful Meditation ([Audio Guide](#))
- ☐ Maintenance Plan ([Reflection Journal](#))
- ☐ Final Check-In ([Reflection Journal](#))