



THE COACHING GROUP

IDENTIFYING PAIN

HEALING TAKES TIME AND PATIENCE. IT INVOLVES RECOGNISING, ACCEPTING, AND PROCESSING THE WAY THAT YOU FEEL, AS WELL AS FINDING A PATH FOR YOU TO MOVE FORWARD. THE FIRST STEP IS TO ACKNOWLEDGE YOUR PAIN AND IDENTIFY ITS ORIGIN.

How is your pain presenting? What does it look like?

How does it make you feel? How does it affect you?

Are there particular situations, people, things that act as a trigger?

What do you think is the origin/source of your pain?

