

Adrift Phase

Power In The Word 'Yet'

Pain 2 Possibilities



Pre-Contemplation

Change at the best of times can be very difficult, ask anyone who has tried to lose weight or cut out sugar! But throw in the mix living with chronic pain day in and day out, change becomes almost insurmountable. You may not even feel as though you need to make any change as of this moment, and that is all good. That is why I completely know and understand that change will happen only when we are good and ready to....just ask and smoker trying to kick the habit and they will tell you the same thing.

So when you feel as though the time is right to do a deeper dive into truly understanding your pain and how you can have impact and influence over your pain experience (and the answer is a resounding 'yes' you can some control over your pain) then have a look at the [video link here](#) to get the gears turning.

And for the record, 'Adrift' does NOT mean you are lost at sea without a sail...it simply means that you are in pre contemplation...you are in the water but just aren't ready to pull the anchor, chart your course and hoist your sails ...yet!

I believe in the power of 'yet' and hope that someday maybe you might too.