

Footstep 2

Acceptance

If your patient (and you) acknowledge that persistent pain cannot be cured or ‘made to go away’ then together you can focus on the things that can be influenced. This is acceptance – it is not giving up.

Acceptance will help your patient to shift attention from what cannot be changed to what can be changed.

You can raise the concept of acceptance and offer support to your patient. Here are some ideas of how you could do this:

- Offer stories of others who have been through this process
- Acknowledge the loss and bereavement linked to living with pain
- Introduce the possibility of using techniques like mindfulness or meditation
- Explain how they could shift their mindset from “Why have I got pain?” to “What do I want to do each day?”
- Encourage the patient to explain the concept of acceptance to family and friends
- Acknowledge they may need to support with managing mood disorders such as anxiety, anger or depression

Action to take

Print off the booklet or send the patient a link to any of the resources overleaf and then invite them to share with you one thing they found of value at their next consultation. This can provide a valuable starting point for acceptance.

Resources for your patient

Your Journey with Pain – booklet

Patients can self complete this booklet. It uses a bus metaphor and is a great way for patients to start on their journey of acceptance and where they want to focus their lives despite the pain. From *Live Well with Pain*.

Animation

This short animation also uses the bus metaphor and can be really helpful to understand the positive aspects of acceptance:

<https://www.youtube.com/watch?v=Z29ptSuoWRc>

Tame the Beast

Leading neuroscientist Lorimer Moseley and colleagues have created a valued resource that explains and guides people's journey to acceptance and living well with pain – focusing on dealing with the pain (the beast) and the self:

<https://www.tamethebeast.org/#tame-the-beast>

ACT

Very useful short video on ACT – Acceptance and Commitment Therapy – and its six key principles:

<https://www.youtube.com/watch?v=RMWgrGUSIUQ>

Key points

- **Acceptance is key to moving on with self-care – be careful not to collude with false expectations!**
- **You can raise the concept of acceptance and offer support**

Get the resources

All the booklets and leaflets described in this sheet can be downloaded and printed from the online version of Ten Footsteps: www.resources.livewellwithpain.co.uk/10-footsteps