



Abdominal pain Worksheet 4

Changing How I Cope with Fatigue

1. The first step is to think about things you have stopped doing/are doing less/are avoiding as a result of your CFS. Make a note below of things you are avoiding because of how you are feeling.

Things around the home	
Things at work or school	
Hobbies and Interests	
Social Activities with Friends and Family:	
Anything else?	

2. Once you have filled in Section 1, the next step is to plan how easy it would be to start doing some of the avoided activities again. It may seem overwhelming in the beginning, however, it is much easier if you break the process down into smaller steps. Create a ladder (hierarchy) of things you avoid with the ones you are most anxious about at the top, and the ones that bother you less at the bottom. Try to include a good mix of the things you wrote down in Section 1. Start to tackle your fears and your CFS by starting at the bottom of the ladder and gradually working your way through each step. Before completing each task, write down what you think will happen, and follow this up by writing down what actually happened after task completion. Hopefully you will start to see that it is mostly not as bad as you think it is going to be.

	Situation	Difficulty – 0 to 10
	Example: playing rugby again	10 (most difficult)
	Example: texting a friend	0 (least difficult)