Let’s Talk About This Thing Called “Acceptance”

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Disclosures:

Nothing to disclose.
Trading in pink gloves for orange...
In the United States, chronic pain affects more people than diabetes, heart disease and cancer combined.

Statistics According to The American Academy of Pain Medicine

Chronic Pain: 100 million
Diabetes: 25.8 million
Heart Disease: 16.3 million
Cancer: 11.9 million

We all matter. Fight for a cure!

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Grief

- Acceptance
- Denial
- Anger
- Depression
- Bargaining
My Experience

Loss-Hurt
- Shock
- Numbness
- Emotional Outbursts
- Anger
- Fear
- Searchings
- Disorganization
- Panic

Loss Adjustment
- Helping Others
- Affirmation
- Hope
- New Patterns
- New Relationships
- "Re-Entry" Troubles
- Depression
- Isolation
- Guilt
- Loneliness

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How do I get to “acceptance?”

Do just stop fighting?
• Accepting chronic pain does not mean giving into it and it doesn’t mean that you stop looking for treatment.
• Accepting chronic pain does not mean accepting a lifetime of suffering
• Accepting chronic pain does not mean you are never allowed to feel angry or sad.
• Accepting chronic pain does not mean that you have to give up hope for the future.

- Julie Martin
• Accepting chronic pain means learning to live again.
• Accepting chronic pain means advocating for ourselves and our health so that we can be as healthy as possible.
• Accepting chronic pain means learning our limits and learning to cope with feelings of guilt when we have to say “no.”
• Accepting chronic pain means being able to look at your diagnosis as something you have, not who you are.

YOUR CONDITION DOES NOT DEFINE YOU.

- Julie Martin
Acceptance doesn’t mean resignation; it means understanding that something is what it is, & that there’s got to be a way through it.

-Michael J. Fox
WELCOME to
ACCEPTANCE
ENJOY YOUR JOURNEY!