

Sensory Gratitude Checklist

For Pain, Flares, and Hard Days

When you're in pain, gratitude feels impossible. This checklist helps you notice that pain **isn't** the only sensation present. Other experiences coexist with pain.

Move through each sense slowly. Check off anything you notice or appreciate - even tiny things. You don't have to find something for every sense.



*****Remember: You're not denying pain. You're noticing that pain isn't the only thing present. That's all this is - just noticing.*****

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SIGHT

What's one thing you can see that's pleasant?

Sunlight through the window
Your pet's face
A favorite photo or object
The color of your blanket
Something beautiful
Your own:



SOUND

What's one sound that's not unpleasant right now?

Birds outside
Rain of the roof
A favorite song or calming music
Your pet's breathing or purring
Silence (if noise is overwhelming)
Your own:



SMELL

What's one smell you appreciate right now?

Coffee or tea
Fresh laundry
A candle
Food cooking
Fresh air from an open window
Your own:



TASTE

What's one taste you can appreciate?

Your favorite tea or coffee
A piece of chocolate
Cold water when you're thirsty
A favorite snack
Medicine going down
Your own:



TOUCH

What's one physical sensation that feels ok or good?

Heating pad warmth
Soft blanket texture
Your pet's fur
Gentle pressure from a pillow
Cool water on your face
Your own: