**Personal Reflection**

1. Think of a time when you had really bad pain.
   1. What made it memorable?
   2. What was happening to you at that time?
2. Think of someone you know with a chronic pain problem –friend, colleague, loved one.

1. Think of a patient with chronic pain who made you feel “C.A.G.E.d”
   1. What is it about *that* *patient* that makes you feel “C.A.G.E.d”?

**Group Discussion**

1. What two specific strategies can you try at your practice to reduce provider and staff burn out related to treating patients with chronic pain? Name at least one meaningful outcome for each.
2. What two specific patient-centered strategies can you try in your approach to chronic pain management at your practice? Name at least one meaningful outcome for each.
3. What two specific behavioral strategies can you try in your approach to chronic pain management at your practice? Name at least one meaningful outcome for each.
4. What three specific population-based strategies to chronic pain management can you apply at your practice? Name at least one meaningful outcome for each.
5. How can your practice harness the entire practice team to implement these strategies?