

HUNT + CONFRONT LOG

After weeks or months of careful recovery, it's common to reach a stage where some movements still feel limited or uncomfortable, but life is manageable, and stop there, calling it "good enough." This is a common feature of a recurrent pain cycle.

What's often missing is the final stage: **Hunt & Confront**. This is where we complete the healing process by moving through lingering limitations, compensations, and avoidance patterns – not just on a physical level, but at the level of the nervous system.

Each deliberate confrontation that goes better than expected begins to rewire old predictions of pain and avoidance, replacing them with new ones: comfort, safety, and strength.

This log guides that process.

HOW TO USE THIS LOG

- 1 Hunt.** Look for movements, activities, or situations you've been quietly avoiding – out of habit, fear, or anticipation of pain. These are your targets.
- 2 Identify your expectations.** Write down what you expect to happen.
- 3 Confront (*gradually, and with attention*).**
 - Ease in to the movement, as if dipping your toes in water.
 - As you move, breathe consciously and allow the body to relax.
 - Focus on what you are *actually* feeling (rather than what you expect to feel). This distinction is what begins to rewire the
 - brain's predictive habits.
- 4 Record & Reflect.** What actually happened? How was it compared to your expectations? What does this tell you?
- 5 Decide your next move.** Repeat, modify, or escalate. Use your experiment and your Activity-Safety Meter score for guidance.

HUNT + CONFRONT LOG

DATE:

SESSION #:

TARGET MOVEMENT/ACTIVITY:

HUNT: WHAT ARE YOU TARGETING?

What is a movement or activity that you've been avoiding?

Why have you been avoiding it?

What do you expect to happen when you perform this movement/activity?

CONFRONT: WHAT DID YOU DO?

How did you perform the movement (speed, range, repetitions, duration)?

What was your breathing like? How relaxed were you?

What did you feel as you performed the movement? What happened with repetition?

FINDINGS: WHAT HAPPENED?

How do you feel afterward compared to before performing the movement?

What was the actual experience like compared to your expectations? What does this tell you?

What will you do next session (repeat, modify, or progress)?

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