INSTRUCTIONS

1. Open.

2. Check the phrases that best describe your style.

3. Add up checks from each of the columns.

4. Enhance or flip your style:
   - add a phrase from the active column to your prayers or
   - substitute any passive phrase with an active phrase when praying or
   - write your own active phrase for prayer or adapt an active phrase to make it your own.

Did you Know?

- Research shows that certain styles of prayer or meditation may help your coping with physical pain.1,2
- Clinical data suggest that passive styles of coping, like passive prayer, can be detrimental to pain management.
- The Bedside Prayer Tool is based on the scientifically validated Pain-related Prayer Scale (PPRAYERS).2
- This tool is a guide to identify your predominant personal petitionary style of prayer.
- If you use passive prayers, you can learn to turn your prayer practice into a more beneficial active coping skill.

Our Partners

When I pray about my physical pain, I ask or say:
(check all the boxes below that apply or resemble your prayers)

**ACTIVE**
- Help me so that I can endure this pain.
- Help me to manage this pain.
- Help my body to deal with this pain.
- Show me how to handle my pain.
- Help me to rise above this pain.
- I pray for your support to help me function while in this pain.

**PASSIVE**
- Take my pain away.
- Cure my pain.
- Dissolve my pain.
- Lift up this painful condition from me.
- I pray that the pain will not last long.
- I pray for the pain to stop.

**NEUTRAL**
- I surrender my pain to the balancing influence of the universe.
- May my body align with the universe’s healing power.
- The greater whole will heal my pain.
- Nature’s cycles will drive my pain away.
- My body will be renewed.

**My results:**
- If you get 3 or more in the passive style
- or if you checked more passive statements than active:
  - We invite you to practice the active style of prayers

Coping with Pain
*The gift of prayer*