

# Self-Guided Step Selection Matrix

It is likely that all of the MS Toolkit Steps contain information and skills that will help you manage your pain, fatigue, and/or negative mood. We recommend going through all of the steps to get the most benefit from this program.

However, you may want to focus on just some of the Steps. If you are not able to complete all the steps, use the Table below to figure out what steps you should focus on.

EVERYONE SHOULD DO:							
1. Getting Started				2. Goal Setting			
YOU SHOULD DO: IF YOU HAVE ANY OF THE FOLLOWING PROBLEMS	POOR SLEEP/ DAYTIME SLEEPINESS	NEGATIVE THINKING	PROBLEMS COMMUNICATING WITH OTHERS	FEELING OVERWHELMED	PHYSICAL INACTIVITY	STRESS / TENSION	OVERDOING IT ON “GOOD DAYS”
3. Relaxation	X	X		X		X	
4. Energy Management					X		X
5. Working with Thoughts		X		X		X	
6. Managing Emotions				X		X	
7. Sleep	X						
8. Communication			X				
9. Being Active	X				X		