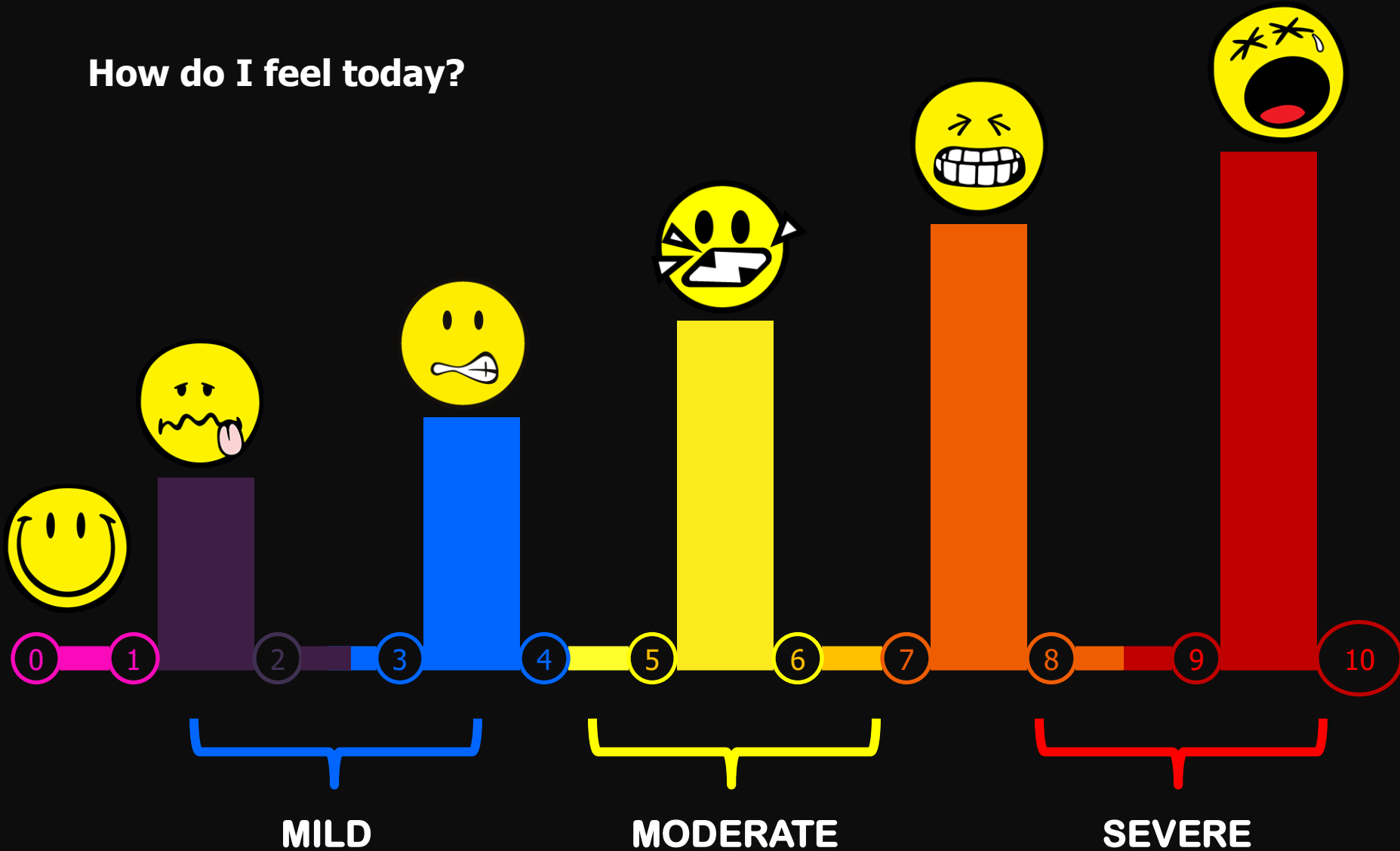


How do I feel today?



PAIN SCALE DESCRIPTION

- 0** Pain free - Happy, Joyful, Active
- 1** Hardly notice pain. Still enjoying life.
- 2** Notice pain, I still function and do my regular routines.
- 3** Sometimes pain is distracting.
- 4** Pain is distracting, Feeling concerned
- 5** Interrumpsts my routines, activities and life
Hard to ignore, feel broken, interrupts my activities and energy
- 6**
- 7** Pain is strong, prevents me from living my regular life
Awful, pain is present and is taking over my life, can't sleep due to pain
- 8**
- 9** Need to stay in bed, I still want to live a normal life.
Feeling resentful, angry in chronic pain.
- 10** The pain is all I feel. I have no energy, no desires, no life

I WANT MY LIFE BACK!

Discovery

After reviewing the pain scale chart and descriptions, write on your journal the proper response to each sentence:

On the scale from 1-10 how do I feel ?

- 1.- In the past 24 hours, pain has interfered with my usual activity.
- 2.- In the past 24 hours, pain has interfered with my sleep.
- 3.- In the past 24 hours, pain has affected my mood.
- 4.- In the past 24 hours, pain has contributed my stress.