

## Pain Worksheet

Directions: Check the treatments you have tried already; rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful); and check those treatments you want to try in the future. Using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
<b>Pacing</b>			
Reduce activity level			
Delegate			
Alternate activity with rest breaks			
Use short activity periods			
Switch between high and low intensity tasks			
Use best time of day for most demanding tasks			
Stay within limits for mental activity			
Stay within limits for socializing			
Keep a health log			
Exercise			
Use good posture & body mechanics			
Relaxation			
Medications			
<b>Other Treatments for Pain</b>			
Treat poor sleep			
Treat fatigue			
Use heat & cold			
Use massage			
Use distraction (pleasurable thoughts/activities)			
Use healthy self-talk			