Many things can affect your pain. These can include stress, sleep, money worries, and even the weather. When you and your doctor both understand what makes your pain worse, you can begin to work together on ways to reduce or deal with your pain “triggers.”

On this page, mark the number that most closely matches your experience with each item over the last several weeks.
Fear of Pain

No Fear  Very Afraid
1  2  3  4  5  6  7  8  9  10

Using Medications as Prescribed

As Directed  Not As Directed
1  2  3  4  5  6  7  8  9  10

Side Effects

None  Strong Side Effects
1  2  3  4  5  6  7  8  9  10

Constipation

Normal  Irregular
1  2  3  4  5  6  7  8  9  10

Sexual Activity

Satisfied  Unsatisfied
1  2  3  4  5  6  7  8  9  10
Appetite

Normal appetite: 1 - 5
No appetite: 6 - 10

Mood

Cheerful & calm: 1 - 5
Depressed, anxious: 6 - 10

Interaction/isolation

Lots of interaction with family & friends: 1 - 5
Always alone: 6 - 10

Alcohol Use (drinks each day)

None: 1 - 3
1 or 2: 4 - 6
3 or 4: 7 - 9
5 or 6: 10

Finances

No money worries: 1 - 5
Serious money worries: 6 - 10

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