

# TALKING ABOUT PAIN WHEN IT'S HARD TO DESCRIBE

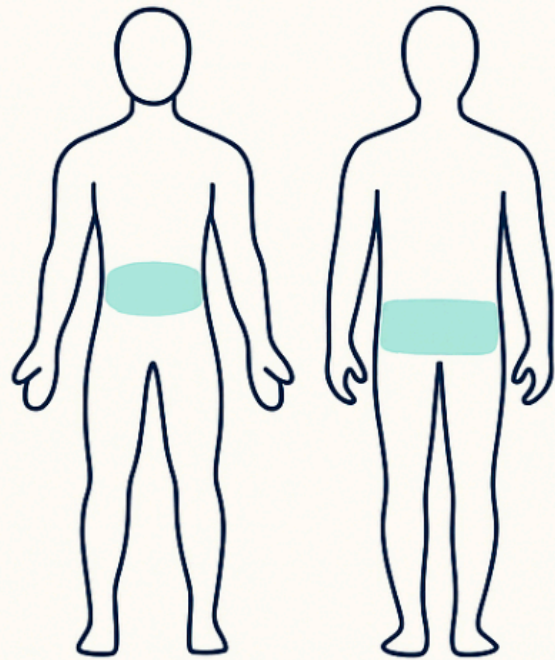
## WHEN IS YOUR PAIN?

- ☐ All the time
- ☐ After I'm stressed, triggered, or sick
- ☐ At these times of day (e.g. nighttime):

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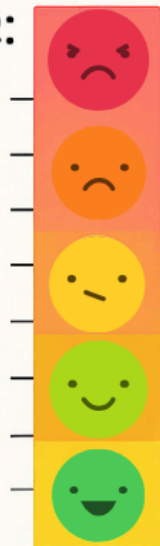


## HOW DOES YOUR PAIN FEEL?

- ☐ Dull / Throbbing
- ☐ Sharp / Nerve-like
- ☐ Deep / Aches
- ☐ Fluctuates
- ☐ Numb / Disconnected

- ☐ Sharp / Jolts
- ☐ Throbs

Pain scale:



## WHAT FEELS HARD BECAUSE OF YOUR PAIN?

- ☐ Daily tasks I can't do
- ☐ Feeling angry / ashamed / afraid
- ☐ Body or mind feels shut down
- ☐ Harder to eat, sleep, or be around people

