

LESSON 2

# MEASURE UP

## PINPOINT YOUR PAIN

WHERE EXACTLY IS IT? DOES IT MOVE? WHEN DOES IT HURT,? DOES ANYTHING MAKE IT WORSE? WHAT HELPS?

## HOW BAD IS IT?

DESCRIBE YOU PAIN  
HOW IT FEELS, E.G ACHEY, SHARP

### **GIVE A 0-10**

0 BEING NO PAIN  
10 BEING WORST PAIN

## WHAT ELSE?

ANY OTHER ACHES, PAIN, EMOTIONAL PROBLEMS,  
RELATIONSHIP ISSUES ETC

NOTES AND DOODLES PAGE



