

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



