

Pain, Feelings and Activity Log

A useful record to help you see if there is any relationship between your activities, your thoughts and your pain.

Instructions: Complete one page each day for a week. Fill in as near to the times suggested as you can. At the end of the week see if you can discover how you might be able to adjust your activities to control and reduce the pain.
 NB You can see examples in blue 'handwriting' of how someone might fill in the form.

Date:							
Time	Pain 0 – 10 <small>0 = no pain 10 = worst</small>	Where is the pain? What sort of pain? <small>(dull, burning, sharp, etc)</small>	What am I doing now?	How I feel 0 – 10 <small>0 = OK 10 = very upset</small>	What am I thinking now?	Fill in at end of the day <small>What can I learn about my activities, feelings & pain levels? Are they related in any way?</small>	
EXAMPLE eg: 10am	7	Back dull ache, knee painful, foot numb	Resting after gardening	8 - upset and angry	I wish I hadn't done the gardening	After gardening for an hour my pain was much worse. I felt angry and frustrated	
6am							
8am							
10am							
12 noon							
2pm							
4pm							
6pm							
8pm							
10pm							
12 midnight							
What could I alter which may help to reduce my pain? eg: Do the gardening a little at a time, 30 minutes. If I stop before the pain rises, I won't feel so angry and frustrated. ----- 							