

What's your persistent pain story?

1. What types of pain do you have? Circle any that apply.

Nociception

Sensitization

Nerve Pain

2. What factors contribute to your pain?

Genetics

Gender

Lifestyle

Depression, anxiety

Life stress

Long-term health problem

Social factors

Fear of pain

Beliefs about pain

Past pain experiences

Other?

3. What “misinformation” about pain has influenced your story about pain?

4. What new information, based on science, do you want to use to update your pain story?

5. Thinking about your life right now and the role pain is playing, describe your pain story in one or two phrases.

6. When you think about the “bite” pain is taking out of how your body works, how your mind works, and your connection with your community, which one of these three areas need your kind and thoughtful attention most at this time?

My Body

My Mind

My Connections