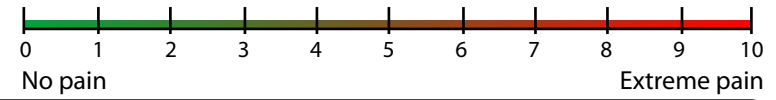


Pain Diary

Record what you were doing and how much pain you were

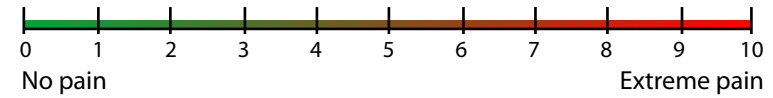


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 09:00							
09:00 - 10:00							
10:00 - 11:00							
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00							
18:00 - 19:00							
19:00 - 20:00							
20:00 - 21:00							
21:00 - 22:00							
22:00 - 00:00							



Pain Diary

Record what you were doing and how much pain you were in



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 09:00	Asleep						
09:00 - 10:00	Got up 8						
10:00 - 11:00	Housework 8						
11:00 - 12:00	Resting 8						
12:00 - 13:00	Met friend for lunch 6						
13:00 - 14:00	Met friend for lunch 6						
14:00 - 15:00	Shopping 6						
15:00 - 16:00	Walked home 8						
16:00 - 17:00	Watch tv 8						
17:00 - 18:00	Looked up pain on internet 9						
18:00 - 19:00	Went to bed 9						
19:00 - 20:00	Husband home 7						
20:00 - 21:00	Argument 10						
21:00 - 22:00	On phone to sister 9						
22:00 - 00:00	Watch tv 9						

Look for patterns between activity and pain

Some events are likely to upset us more than others.

You might also consider using a thought record to look for patterns between thoughts and pain

