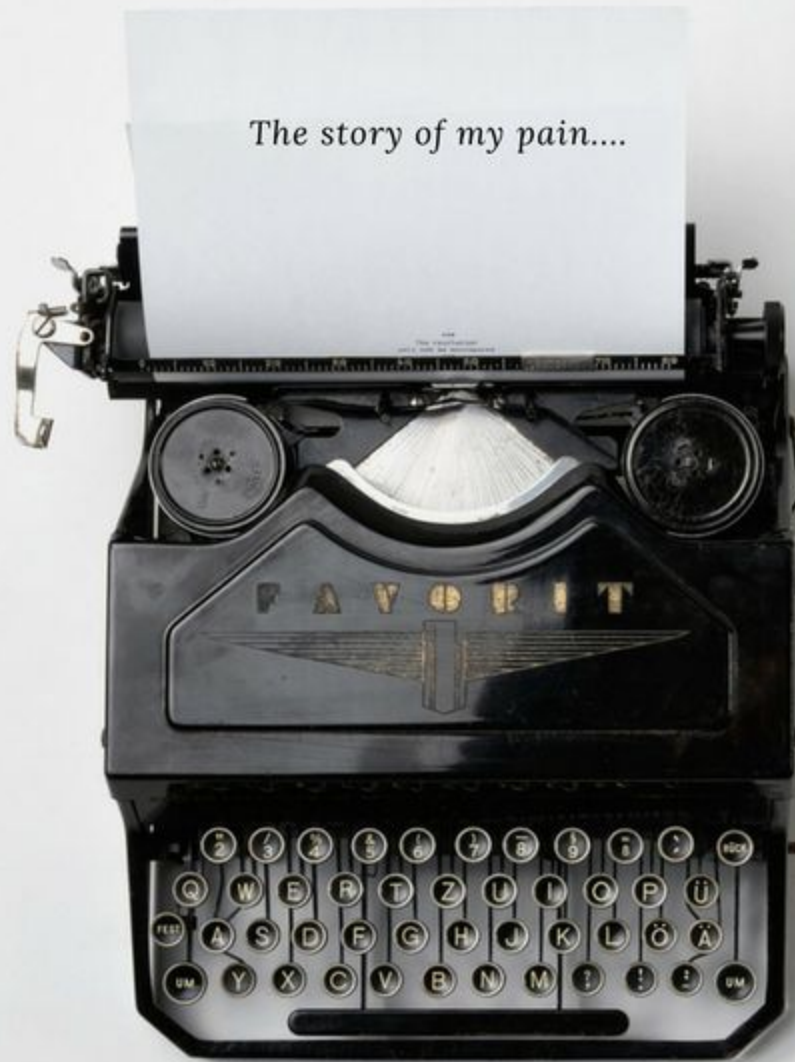


THE AVERAGE HEALTHCARE  
APPOINTMENT IS JUST 15 MINUTES!



# YOU MUST PREPARE

*These Retrain Pain worksheets will help you get the most out of your next healthcare appointment.*

# My Pain Levels, Goals, and What I've Already Tried

## Pain level at the best and worst part of the day (0-100)

😊 Great Day

..... to .....

😐 Typical Day

..... to .....

😞 Tough Day

..... to .....

## Aside from pain relief, I have the following goals....

.....

.....

.....

.....

.....

.....

.....

.....

## 4 things that make my pain worse....

.....

.....

.....

.....

.....

.....

.....

## 4 things that relieve my pain....

.....

.....

.....

.....

.....

.....

## Treatment strategies I tried

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

7 .....

8 .....

9 .....

Unhelpful    Partially Helpful    Helpful

## Pain affects my...

Sleep

Physical Activity

Work

Hobbies

State of Mind

Sex

Relationships

## Medications I take for pain..

1 .....

2 .....

3 .....

4 .....

5 .....