

Name:

Date:

PART-27 (Pain and Resiliency Tool)

This measure can help assess how you're doing with your physical pain. This tool can be used to help create new coping strategies.

Do you cope in any of these ways? You can check more than 1 box.

- I enjoy reading or learning about others who are living with pain
- When things get hard, I give myself a break and do something I know I would find easy and pleasurable
- Sometimes I use humor to cope
- I take an interest in my pain and my condition because being more knowledgeable helps me be a better advocate for myself in my treatment
- If I find myself too focused on my pain, sometimes I work to distract myself
- I remind myself of what I can do, and am doing, to remind myself how capable I am even with the pain
- I have a spiritual life, and that helps me cope with my pain condition
- I make sure to surround myself with people I can count on and trust
- I get counseling for the emotional aspects of living with pain
- I keep my doctor updated with any changes to my current condition
- I try and develop interests and hobbies so that I'm more than my pain condition, it's only a part of me
- Sometimes I simply can't do something because of the pain, and I use self-talk to help me deal with my feelings about that
- I'm open with my friends about my pain because that way they know that if I can't do something, it's not because of them, it's because of the pain
- I try not to compare myself to others, because being comparative might lead to feeling worse
- When I need to, I take it one moment at a time, or one day at a time
- I've got doctors and others on my care team whom I trust
- I'm proactive with asking doctors or others about my pain medication usage
- During a flare-up, I consult with others about using more medication
- Every day, no matter how bad the pain, I try and see something good or beautiful in the day
- I keep hope that the pain I'm going through is not permanent, people are working hard to find treatments for what I'm going through
- I make sure that even though I've got the pain, it doesn't have me
- I'm careful about how I cope with pain so that I don't cope in ways that are in some way harmful to me (inappropriate use of pain medications, not staying as fit and healthy as I can)
- I remind myself that others may have other things that they're struggling with, that I can't see
- I make sure to get the social support I need

- I'm careful about activities and have learned which ones might risk more pain, or cause a flare-up
- I make sure to notice improvements in my conditions, things that are getting better
- I plan well ahead in case of pain flare-ups
- What did we leave out?

Reference

1. Diamond, E., Hernandez, L. (2023). The Flare Study: Research on Understanding and Treating the Multifaceted Aspects of Chronic Pain