

Pain Diary

When Date & Time	Situation What was I doing, where, who with, how long for?	Pain Describe & Rate 0 – 10	Emotion(s) Frustrated, anxious, angry, depressed, sad, scared etc	Thoughts What went through my mind at that time? What did that mean to me or say about me? What really upset me about that?	Alternative, More Helpful Thought & Response Is there another way of looking at this? What would be more helpful – for me and for the situation?

Disclaimer: This is for educational purposes only and not a substitute for professional medical advice. Always consult a qualified healthcare professional.

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Pain Scale

- **0** - no pain (feel great, keep going) 😄
- **1-3** - mild pain (keep moving but stay mindful) 😊
- **4-5** - moderate pain (consider reducing intensity or taking a short break) 😐
- **6-7** - strong pain (stop or adjust the exercise) 😡
- **8-9** - very severe pain (stop immediately and seek guidance) 😞
- **10** - worst pain ever (stop immediately and seek help) 😭

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