

Chronic Pain Worksheets

1. Describe the physical sensations and symptoms of your chronic pain. What words would you use to depict the quality, intensity, and location of the pain?

2. Reflect on the impact of chronic pain on your daily life. How does it affect your ability to engage in activities, work, socialize, and care for yourself?

3. Explore the emotional and psychological effects of living with chronic pain. What feelings arise as a result of your pain? How does it influence your mood, outlook on life, and relationships with others?

4. Consider the ways in which chronic pain has shaped your identity and self-concept. How has it influenced your sense of self, roles, and aspirations?

5. Write about your experiences with healthcare providers and treatments for chronic pain. What has been helpful or unhelpful in managing your pain? What frustrations or hopes do you have regarding your medical care?

6. Explore any changes in your beliefs, values, or spirituality that have arisen from living with chronic pain. How has it impacted your perspective on suffering, resilience, and the meaning of life?

7. Identify any sources of support, understanding, or inspiration that have helped you navigate the challenges of chronic pain. How have these sources of strength influenced your ability to cope with your pain?

8. Imagine a future in which your pain is more manageable or alleviated. What would you hope to achieve or experience in such a scenario? What steps could you take, no matter how small, to move toward that vision?
