



# PAIN JOURNAL

# WELCOME!



## THE MISSION

**MY MISSION IS TO HELP YOU CULTIVATE GOOD HEALTH, INNER PEACE AND MORE RESILIENCY USING A FUSION OF EVIDENCED BASED SCIENCE ALONGSIDE HUMANISTIC PSYCHOLOGY, MEDITATION, SPIRITUALITY AND EMBODIMENT.**

## HOW TO

**This journal is undated, so you can begin at any time. Each time you print it, you will have a month's worth of prompts. Gather a binder to keep your pages in so you can use it for yourself, or take it with you to your doctor's office and use it as part of your discussion on your health.**

**It has been designed for you to use in the evening as a reflection of the day. Use your journal at about the same time every day to help you identify patterns, manage stressors, and provide valuable insights as you navigate your experience with pain. Every Sunday, you will have a weekly reflection (or roll-up) in addition to your daily prompts.**

**When you run out of paper, just come back and print off another month.**

# DAILY PAIN JOURNAL

TODAY'S DATE |

MY PAIN LEVEL (CIRCLE): LOW MODERATE HIGH SEVERE

DO I FEEL SAFE AND SECURE TODAY?

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WHERE IS THE PAIN IN MY BODY LOCATED TODAY?

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OR FIND SUPPORT?

# DAILY PAIN JOURNAL

TODAY'S DATE |

MY PAIN LEVEL (CIRCLE): LOW MODERATE HIGH SEVERE

DO I FEEL SAFE AND SECURE TODAY?

WHAT HAVE I DONE SINCE MY LAST ENTRY?

WHERE IS THE PAIN IN MY BODY LOCATED TODAY?

HOW FREQUENTLY AM I FEELING PAIN, AND HOW LONG IS IT LASTING?

WHAT MEDICATIONS DID I TAKE, AND DID THEY WORK?

I TRIED NON-MEDICATION THERAPYMEDITATION/YOGA/AROMATHERAPY/ SLEEPING/WALKING/  
WARM SHOWER (LIST ANYTHING YOU TRIED. WHAT WORKED, OR DIDN'T WORK?

ARE THERE ANY EMOTIONS TIED TO MY PAIN TODAY? WHICH ONES?

IS THERE SOMETHING I'M NOT ACCEPTING HELP WITH?

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# SUNDAY EVENING REFLECTION

TODAY'S DATE |

WHAT DID I LEARN ABOUT MYSELF THIS WEEK?

MY AVERAGE PAIN LEVEL FOR THE WEEK WAS (CIRCLE ONE): LOW   MODERATE   HIGH   SEVERE

DID I PRACTICE SELF CARE THIS PAST WEEK LIKE I SHOULD?

WAS I KIND TO MYSELF THIS PAST WEEK?

DID I MANAGE MY STRESS LEVELS THIS PAST WEEK?

WHAT WORDS WOULD HAVE HELPED ME THIS WEEK? WRITE THEM DOWN SO YOU CAN COME BACK TO THEM.

WHAT IS ONE THING I WOULD LIKE OTHERS TO KNOW ABOUT MY PAST WEEK?

ANYTHING ELSE?

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