

What Does Your Pain Feel Like?

Please complete the questionnaire:

Begin by underlining the words that describe your pain (do not underline more than one word in a group).

	GROUP	WORDS
Section A	1	FLICKERING, PULSING, QUIVERING, THROBBING, BEATING, POUNDING
	2	JUMPING, FLASHING, SHOOTING
	3	PRICKING, BORING, DRILLING, STABBING
	4	SHARP, CUTTING, LACERATING
	5	PINCHING, PRESSING, GNAWING, CRAMPING, CRUSHING
	6	TUGGING, PULLING, WRENCHING
	7	HOT, BURNING, SCALDING, SEARING
	8	TINGLING, ITCHING, SMARTING, STINGING
	9	DULL, SORE, HURTING, ACHING, HEAVY
	10	TENDER, TAUT (TIGHT), RASPING, SPLITTING
Section B	11	TIRING, EXHAUSTING
	12	SICKENING, SUFFOCATING
	13	FEARFUL, FRIGHTFUL, TERRIFYING
	14	PUNISHING, GRUELING, CRUEL;, VICIOUS, KILLING
Section C	15	WRETCHED, BLINDING
Section D	16	ANNOYING, TROUBLESOME, MISERABLE, INTENSE, UNBEARABLE
	17	SPREADING, RADIATING, PENETRATING, PIERCING
	18	TIGHT, NUMB, SQUEEZING, DRAWING, TEARING
	19	COOL, COLD, FREEZING
	20	NAGGING, NAUSEATING, AGONIZING, DREADFUL, TORTURING

Return to the sections above and do the following with the underlined words:

Section A (group 1 - 10): choose **three** of your underlined words that best describes your pain response, and circle them.

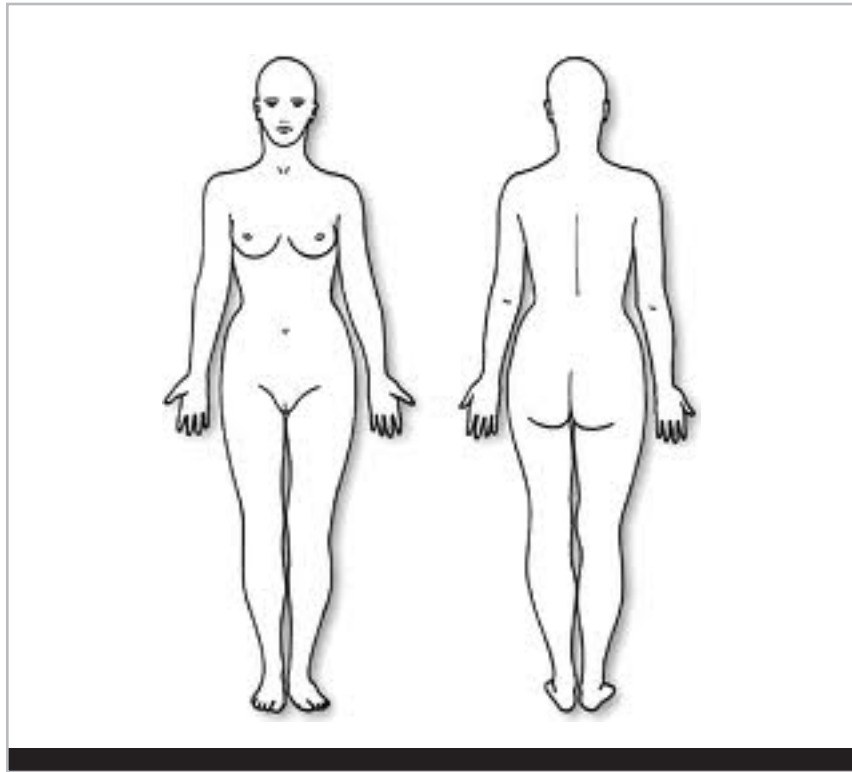
Section B (group 11 - 15): choose **two** of your underlined words that best describes your pain response, and circle them.

Section C (group 16): choose **one** of your underlined words that best describes your pain response, and circle them..

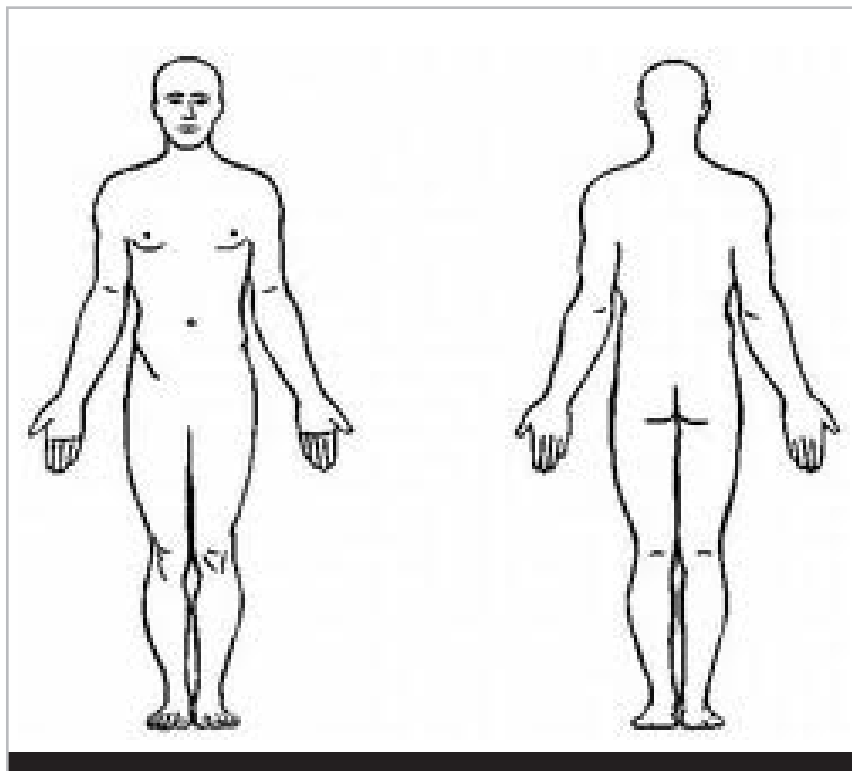
Section D (group 17-20): choose **one** of your underlined words that best describes your pain response, and circle them.

You should now have at least seven words in total that our physicians can use to better understand the quality and intensity of the pain you are experiencing. Please add below, you will use these keywords on the following pages.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



PLEASE INDICATE THE LOCATION OF YOUR PAIN ON THE DIAGRAM AS FOLLOWS: E = EXTERNAL I = INTERNAL



How Does The Pain Change Over Time?

What word or words would you use to describe the PATTERN of the pain?

CONTINUOUS

RHYTHMIC

BRIEF

STEADY

PERIODIC

MOMENTARY

CONSTANT

INTERMITTENT

TRANSIENT

What kind of things RELIEVE the pain?

What kind of things INCREASE the pain?

How Strong Is The Pain?

The following are five words which describes pain in five different intensity levels.

1
MILD

2
DISCOMFORTING

3
DISTRESSING

4
HORRIBLE

5
EXCRUCIATING

To answer each question below, write the number of the most appropriate word in the space beside the question.

1. Which word describes the pain right now? _____

2. Which word describes it at its worst? _____

3. Which word describes it at its least? _____

4. Which word describes the worst toothache you ever had? _____

5. Which word describes the worst headache you ever had? _____

6. Which word describes the worst stomach-ache you ever had? _____