## CBT for Chronic Pain Worksheet

Name: Julia Jones
Date Starting: 2024/01/29
Date Finishing: 2024/02/04

Use the following key to rate pain:
1 = No pain at all
2 = Slight pain
3 = Manageable pain
4 = Very painful
5 = Unbearable pain

|  | Pain <br> Rate pain and identify symptoms | Event <br> Describe the event and factors | Thoughts <br> Describe thoughts and emotions | Behaviour <br> Describe what you did | Rational Counterstatement <br> Objectively assess the situation |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Monday | 3 | Experiencing very painful headache following an argument with a friend. | Feeling nervous and anxious. This is all my fault, they will never want to be my friend again. | There was a misunderstandin $g$ about the date of my friend's birthday dinner, and now I may have to miss it. | The argument stemmed from mutual errors, and once I feel calm we may be able to discuss it. |
| Tuesday | 3 | I met up with the friend I had an argument with. We agreed that this is a minor issue, and there are ways around it. | Although my friend and I have mended things, I still feel like she may have some animosity towards me. | I have been overthinking ways to make it up to her, and have been avoiding other friends in case they may be mad at me. | My friend and I agreed that the argument was a misunderstanding. I should trust that there is no animosity between us. |
| Wednesday | 4 | I made a big mistake at work, I think I am going to be fired. | I feel very anxious and annoyed at myself. I feel like I cannot do anything right. | I made sure to avoid everyone for the remainder of the work day. | I made a mistake at work, everyone makes on from time to time. I usually get positive feedback and advice. I will learn from this mistake and try not to do it again. |



