

# CBT for Chronic Pain Worksheet

Name:
Date Starting:
Date Finishing:

Use the following key to rate pain:

1 = No pain at all

2 = Slight pain

3 = Manageable pain

4 = Very painful

5 = Unbearable pain

	<b>Pain</b> Rate pain and identify symptoms	<b>Event</b> Describe the event and factors	<b>Thoughts</b> Describe thoughts and emotions	<b>Behaviour</b> Describe what you did	<b>Rational Counter-statement</b> Objectively assess the situation
Monday					
Tuesday					
Wednesday					

Thursday					
Friday					
Saturday					
Sunday					