

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

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

Thursday					
Friday					
Saturday					
Sunday					