

# 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>	<b>Event</b>	<b>Thoughts</b>	<b>Behavior</b>	<b>Rational counter-statement</b>
	Rate pain & identify symptoms	Describe the event & factors	Describe thoughts & emotions	Describe what you did	Objectively assess the situation
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					