



The Psychology Collective

Pain Diary

It can be helpful to notice patterns to our symptoms to understand them better. By keeping a pain diary, we can identify patterns of our pain, see when we might be doing too much and realise how that affects our mood or day.

Try keeping a diary of your pain. An example is provided below.

When? Where was I?	Rate the pain 0-10	What made the pain worse	What made the pain better	Describe emotions/ thought you experienced.	Rate intensity of emotion 0-10
<i>Tuesday at work, running around as it was busy</i>	<i>5/10</i>	<i>Going up and down the stairs at work</i>	<i>10 mins rest/heat</i>	<i>Frustrated that I can't do as much as I want to</i>	<i>7/10</i>

