



Evident Change for Quality of Life

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Pain Management Education

Lesson #1—Describe YOUR Pain

Describe in your own words how your pain feels to your body, mind, and emotions. Use the following pages for ideas of terms to use.

	Body	Mind	Emotions
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



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Descriptive Words

Use Here is a list of words to help you describe your pain. Feel free to use your own language to make it personal, these are just a starting point.

Body:

Describe the location as well as:

Achy	Burning	Chapped	Cold
Crippling	Constant	Deep	Dull
Heavy	Hot	Inflamed	Itchy
Localized	Moving	Numb	Pulsing
Radiating	Raw	Relaxed	Sharp
Sore	Spreading	Stabbing	Steady
Stiff	Stingy	Tender	Tight
Thumping			

Mind:

Clear	Creative	Distracted	Directed
Fixated	Focused	Foggy	Scattered
Sharp	Tangential	Wandering	

Emotions: See Chart Attached



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Intensity of Feeling Chart

	Happy	Sad	Angry	Confused	Afraid	Weak	Strong	GUILTY
High	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Delighted	Depressed Disappointed Alone Hurt Left Out Dejected Hopeless Sorrowful	Furious Enraged Outraged Aggravated Irate Seeinging	Bewildered Trapped Troubled Desperate Lost	Terrified Horriified Scared stiff Petrified Fearful Paniccky	Helpless Hopeless Beat Overwhelmed Impotent Small Exhausted Drained	Powerful Aggressive Gung Ho Potent Super Forceful Proud Determined	Sorrowful Remorseful Ashamed Unworthy Worthless
Medium	Cheerful Up Good Relieved Satisfied Contented	Heartbroken Down Upset Distressed Regret	Upset Mad Annoyed Frustrated Agitated Hot Disgusted	Disorganized Foggy Misplaced Disoriented Mixed up	Scared Frightened Threatened Insecure Uneasy Shocked	Dependant Incapable Lifeless Tired Rundown Lazy Insecure Shy	Energetic Capable Confident Persuasive Sure	Sorry Lowdown Sneaky
Mild	Glad Content Satisfied Pleasant Fine Mellow Pleased	Unhappy Moody Blue Sorry Lost Bad Dissatisfied	Perturbed Upright Dismayed Put out Irritated Touchy	Unsure Puzzled Bothered Uncomfortable Undecided Baffled Perplexed	Apprehensive Nervous Worried Timid Unsure Anxious	Unsatisfied Under par Shaky Unsure Soft Lethargic Inadequate	Secure Durable Adequate Able Capable	Embarrassed