

Understanding Your Pain Story

Developing a plan

1. My most important goal is: _____
2. Below, circle the two things that represent some of the biggest part of your pain story:



3. Consider whether you'd like help with these things. If you would, what would you most like help with? _____

Use this to further the conversation and begin to develop a plan with your patient.

“As we have been talking about your pain experience I think we are both getting a better idea of some of the things that are part of your story.

Would you like to talk about some areas where I might be able to help you?

If so, take a moment to think about a main goal you have in your life right now, something you would like to get back to doing.

Then circle 2 of the things that you think are the biggest parts of your pain story.

Then think about what one thing you would most like help with, and we can work on a plan together so we can help you get back to the things you want to do.”