

**Worksheet**  
US English  
**Pain Diary**



# Pain Diary

## Description

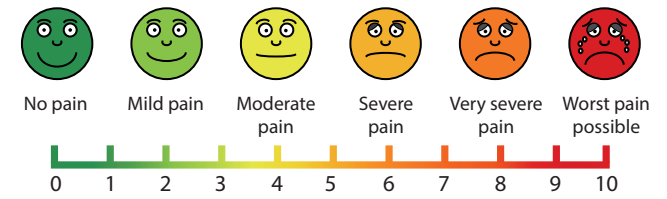
Cognitive behavioral therapy (CBT) is an effective treatment approach for pain. CBT is, at heart, a rational and data-driven approach to therapy. Clients are encouraged to record their symptoms and to explore factors which interact with them. *Pain Diary* is a symptom recording measure for recording pain intensity. Clients can use the diary to look for any patterns in how the pain changes over the course of the day, and week.

## References

Winterowd, C., Beck, A. T., Gruener, D. (2000). *Cognitive therapy for chronic pain patients*. Springer

# Pain Diary

Use this pain diary to record details of your pain and what you did to manage it each day.



Date & Time	Pain location	Pain rating	What were you doing when the pain started or increased?	What made your pain worse?	What helped to ease your pain?

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## Resource details

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