

PAIN JOURNAL

Becoming aware of the factors related to our symptoms is critical to our ability to influence them. The more aware we become of these factors, the more potential we have to change them.

This template will guide you to look broadly at the pain (or other symptom) **each time it arises** to discover factors that might be contributing to it.

DATE/TIME	
<i>What am I feeling?</i>	
<i>Where am I feeling it?</i>	
<i>How intense is it?</i>	
BEFORE THE PAIN BEGAN/WORSENE...	
<i>What was I doing?</i>	
<i>How much was I doing?</i>	
<i>How was I feeling?</i>	
<i>How has my sleep been?</i>	
<i>How has my diet/fluid intake been?</i>	
<i>Who was I with?</i>	
<i>What was I thinking about?</i>	
AFTER THE PAIN BEGAN/WORSENE...	
<i>How did I respond to the pain?</i>	
<i>What effect did my response have?</i>	
<i>Other notes/comments</i>	

COMFORT JOURNAL

Becoming aware of the factors related to our comfort is a key method for retraining our body and brain's ability and capacity to feel comfort (& other pleasant sensations, too).

This template will guide you to look broadly at the conditions surrounding the arising of comfort to discover factors that may be contributing to it.

DATE/TIME	
<i>What am I feeling?</i>	
<i>Where am I feeling it?</i>	
<i>What is it like?</i>	
BEFORE THE COMFORT SHOWED UP...	
<i>What was I doing?</i>	
<i>How much was I doing?</i>	
<i>How was I feeling?</i>	
<i>How has my sleep been?</i>	
<i>How has my diet/fluid intake been?</i>	
<i>Who was I with?</i>	
<i>What was I thinking about?</i>	
AFTER THE COMFORT SHOWED UP...	
<i>How did I respond?</i>	
<i>What effect did my response have?</i>	
<i>Other notes/comments</i>	