

WHAT DOES YOUR PAIN FEEL LIKE?



Some of the words below describe your present pain. Circle **ONLY** those words that best describe it. Leave out any category that is not suitable. Use only a single word in each appropriate category – the one that applies best.

1
Flickering
Quivering
Pulsing
Beating
Pounding

2
Jumping
Flashing
Shooting

3
Pricking
Boring
Drilling
Lancinating
Stabbing

4
Sharp
Cutting
Lacerating

5
Pinching
Pressing
Gnawing
Crushing

6
Tugging
Pulling
Wrenching

7
Hot
Burning
Scalding
Searing

8
Tingling
Itchy
Smarting
Stinging

9
Dull
Sore
Hurting
Aching
Heavy

10
Tender
Taut
Rasping
Splitting

11
Tiring
Exhausting

12
Sickening
Suffocating

13
Fearful
Frightful
Terrifying

14
Punishing
Grueling
Cruel
Vicious
Killing

15
Wretched
Blinding
Rasping
Splitting

16
Tugging
Pulling
Wrenching

17
Hot
Burning
Scalding
Searing

18
Tingling
Itchy
Smarting
Stinging

19
Dull
Sore
Hurting
Aching
Heavy

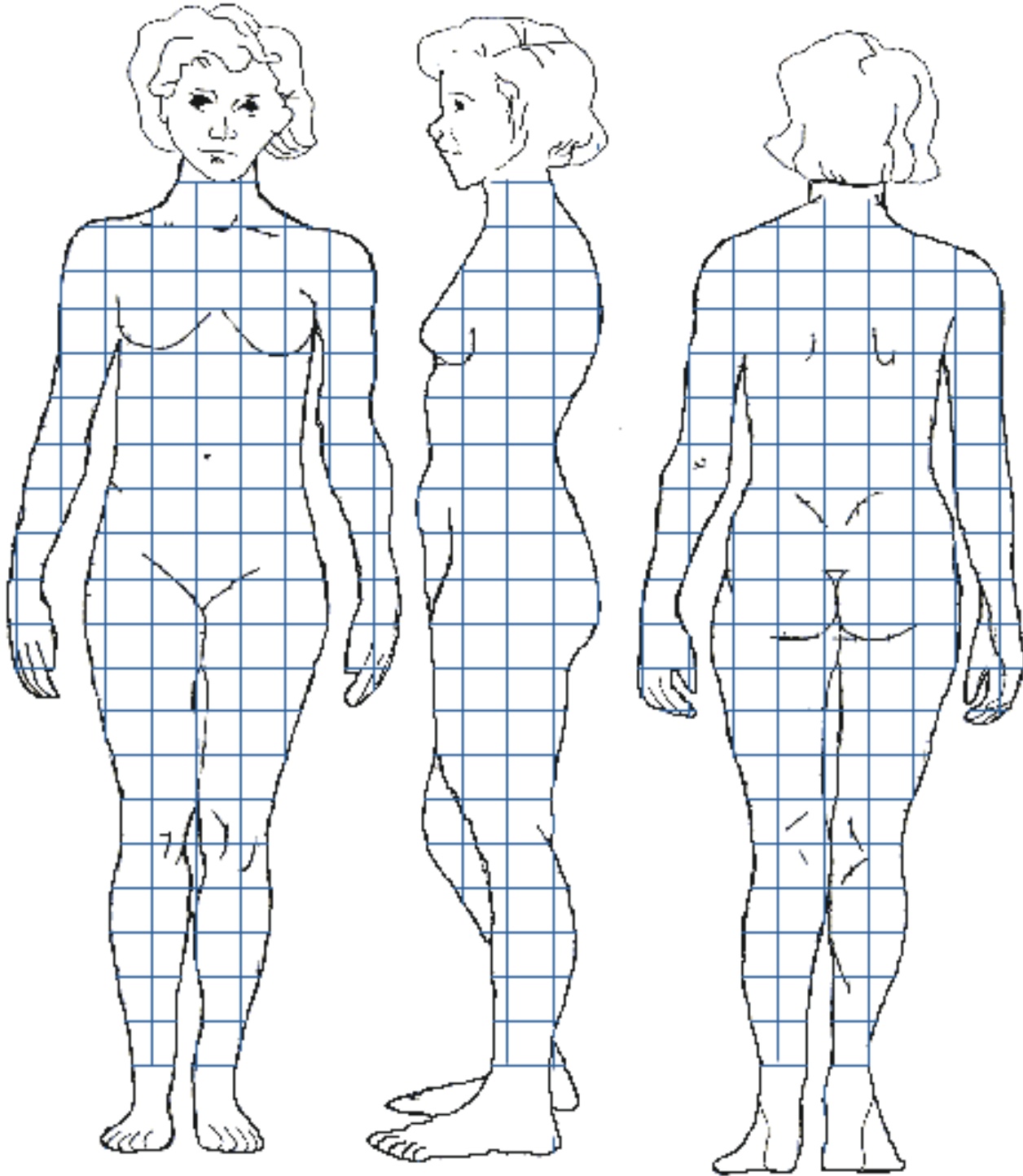
20
Tender
Taut
Rasping
Splitting

Some doctors find this questionnaire useful for assessing pain.
Circle the relevant words that best describe your pain symptoms.
Make a copy of the completed questionnaire, and take it to your doctor.

BODY MAP for pain symptoms



Some women and doctors find this body map useful for documenting pain symptoms. Using a black pen, mark an **X** in the squares closest to the area(s) you feel pain.



Name _____ Date _____

The Body Map and What does your pain feel like? were developed by Arnold J. Kresch, M.D.
We thank Dr. Kresch for making these forms available to the Endometriosis Association.