

# 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  
Cramping

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

16  
Annoying  
Troublesome  
Miserable  
Intense  
Unbearable

17  
Spreading  
Radiating  
Penetrating  
Piercing

18  
Tight  
Numb  
Drawing  
Squeezing  
Tearing

19  
Cool  
Cold  
Freezing

20  
Nagging  
Nauseating  
Agonizing  
Dreadful  
Torturing

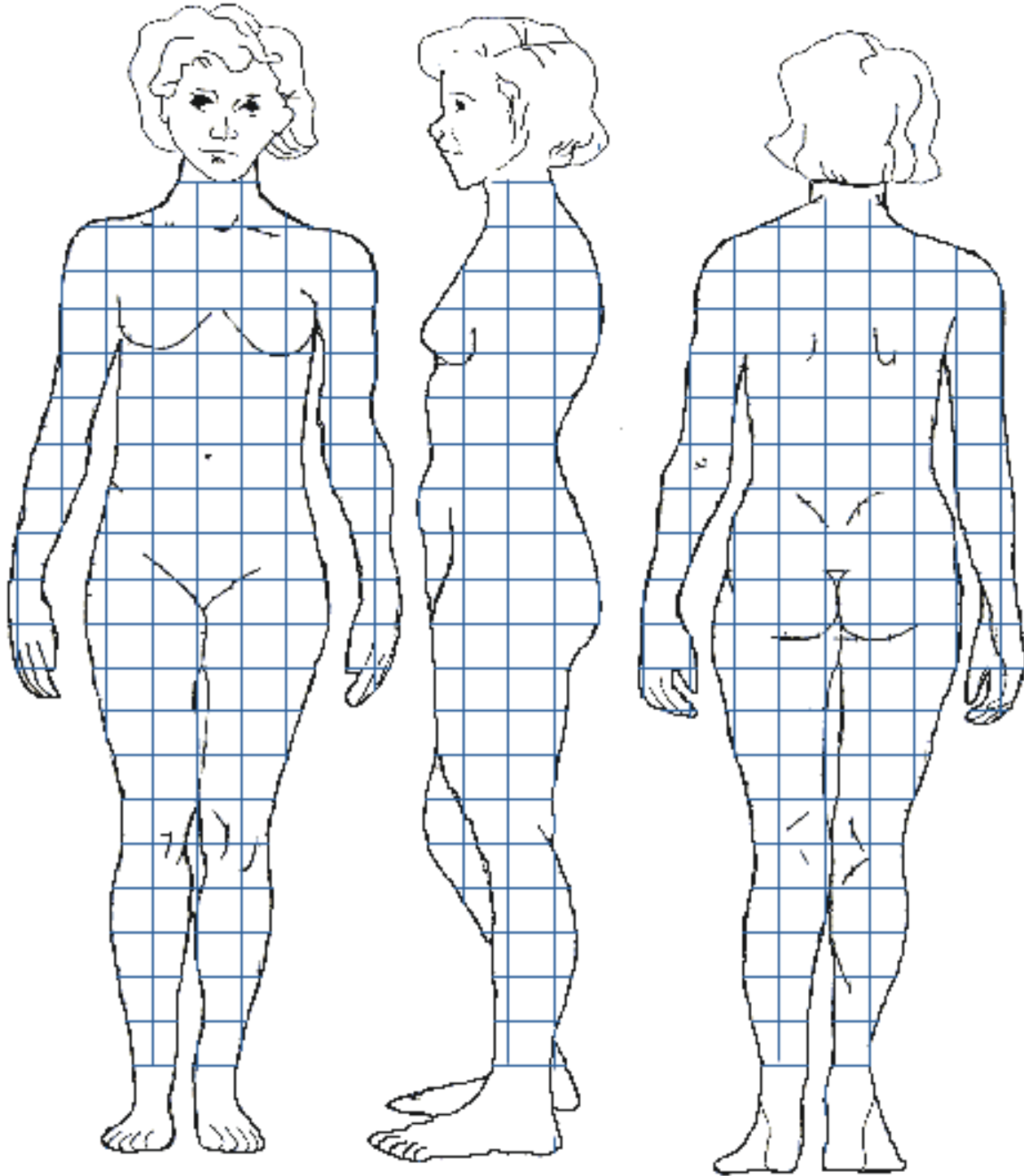
Some doctors find this questionnaire useful for assessing pain.

**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 \_\_\_\_\_