



A VOCABULARY TO DESCRIBE YOUR PAIN or other SYMPTOMS:

'Chronic or persistent pain or NOT a diagnosis'. It only means that you have been experiencing pain 'longer than is usual' (for that condition).

- this experience is **SUBJECTIVE**-it belongs only to you.
- your body may or may not have been injured or have a disease- but it 'feels' as if your body has been damaged in some way
- the pain may also have some 'emotional 'effect on you
- it is a **MESSAGE**- a sensation - that tells you that something **IS** wrong or **FEELS** that it may be wrong with your body
- You may be also be experiencing 'other' sensations you do not like. You do not know how to describe them, so you call those feelings- PAIN

Separate these words by describing WHAT and HOW you are feeling.

Physical Words (WHAT) :

- throbbing
- shooting
- burning
- sharp
- cramping
- aching
- etc.

Emotional words (HOW) :

- depressed
- worried
- anxious
- stressed
- overwhelmed
- etc.

Are there other words that describe how you are feeling?

- dizzy
- nauseous
- clumsy
- off balance
- blurred vision
- spinny
- etc.

Try NOT use these words when talking to yourself or to someone else:

- should
- supposed to
- ought to
- it's only
- it's just
- but
- used to
- etc.