

Meaning of Pain

A. Firstly, I would like you to tell me in your own words, what getting pain means to you?

B. Please indicate on the scale to the right of each statement, how often each statement is like your thoughts, by circling the appropriate number.

	Like my thought:				
	Never	Rarely	Sometimes	Usually	Always
1. My pain makes me unable to maintain my daily activity.	1	2	3	4	5
2. My pain indicates that my disease has turned bad.	1	2	3	4	5
3. My pain is a challenge to me. I have to overcome it.	1	2	3	4	5
4. My pain is a punishment that I deserve.	1	2	3	4	5
5. My pain makes me realize that I am so insignificant.	1	2	3	4	5
6. My pain makes me realize the limit of life.	1	2	3	4	5
7. It is because I did something wrong in the past that I have such pain.	1	2	3	4	5
8. My pain is a challenge to my will. I must face it.	1	2	3	4	5
9. I worry that my pain may develop to a degree that no medication can control it.	1	2	3	4	5
10. I cannot have the same social activities that I used to have because of my pain.	1	2	3	4	5
11. My pain enables me to face the issue of life and death.	1	2	3	4	5
12. My pain makes me think that my disease has progressed.	1	2	3	4	5
13. My pain makes me lose my dignity.	1	2	3	4	5
14. My pain decreases my enjoyment of life.	1	2	3	4	5
15. My pain makes me think that I may not live for long.	1	2	3	4	5
16. I believe that I can live with pain and function as normally as possible.	1	2	3	4	5
17. It is my own fault that I have such pain.	1	2	3	4	5
18. My pain makes my rethink the meaning of life.	1	2	3	4	5
19. It is because I delayed seeking medical care that I have such pain.	1	2	3	4	5
20. I believe that my doctors and nurses can cure or control my pain.	1	2	3	4	5
21. My pain has changed my philosophy of life.	1	2	3	4	5
22. My pain makes me think that there might be something wrong with my body.	1	2	3	4	5

