

Categories for Meaning of Pain

The following categories represent a number of common ways that people view their pain. Many people give more than one meaning to pain. Please indicate below how you view your pain.

*I view my Pain as a **Challenge**:* Eg; seen as any other life situation which imposes demands and tasks to be mastered.

Never Rarely Sometimes Usually Always

*I view my Pain as an **Enemy**:* Eg: Viewed as an invasion by internal or external factors – to be fought, resisted or surrendered to.

Never Rarely Sometimes Usually Always

*I view my Pain as a **Punishment**:* Eg: A just or unjust punishment for something I have done or not done. It may or may not allow atonement or redemption.

Never Rarely Sometimes Usually Always

*I view my Pain as **Irreparable Loss**:* Eg; Signifies overwhelming loss and damage which nothing can replace.

Never Rarely Sometimes Usually Always

*I view my Pain as a **Weakness**:*

Eg: View pain as a failing, a sign of loss of control with negative implications.

Never Rarely Sometimes Usually Always

*I view my pain as having **Value**:*

Eg: It helps me to grow in some way.

Never Rarely Sometimes Usually Always

*I view my pain as a **Relief**:*

Eg: It provides respite from demands and responsibilities of being well, or respite from an interpersonal or economic problem.

Never Rarely Sometimes Usually Always

*I view my pain as a **Strategy**:*

Eg: Pain has provided me with a way to secure attention, support or compliance from others.

Never Rarely Sometimes Usually Always

- Of the above meaning categories, which meaning, (*Challenge, Punishment, Enemy, Relief, Strategy, Value, Irreparable Loss, Weakness*) describes your breakthrough pain the most often?

- Which meaning category describes the way you view your breakthrough pain the second most often? _____