



A VOCABULARY TO DESCRIBE YOUR PAIN or other SYMPTOMS:

'Chronic Pain is NOT a diagnosis'. It only means that you have experienced pain 'longer than is usual or normal (for that condition)

PAIN: is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage

'(International Association for the Study of Pain, 1994)

- 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

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

Physical words:

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

Emotional words:

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

Are there other words to describe how you are feeling?

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

Do 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.