

## SHEET 17 Pain diary

- Record a brief description of the pain and its intensity on a 1–10 pain scale.
- Make a note of what you were doing at the time.
- Make a note of what you were thinking at the time. **See Table S17.1**

Table S17.1

| Day       | Pain 1–10 | Brief description | Situation | Thoughts |
|-----------|-----------|-------------------|-----------|----------|
| Monday    |           |                   |           |          |
| Tuesday   |           |                   |           |          |
| Wednesday |           |                   |           |          |
| Thursday  |           |                   |           |          |
| Friday    |           |                   |           |          |
| Saturday  |           |                   |           |          |
| Sunday    |           |                   |           |          |