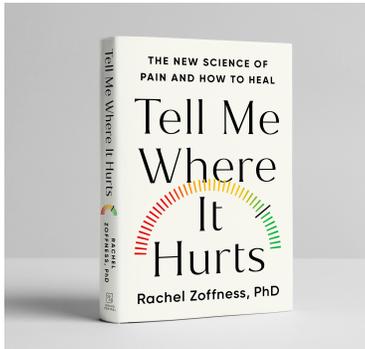


# PAIN ASSESSMENT TOOL for Patients & Healthcare Providers

Rachel Zoffness, Ph.D.

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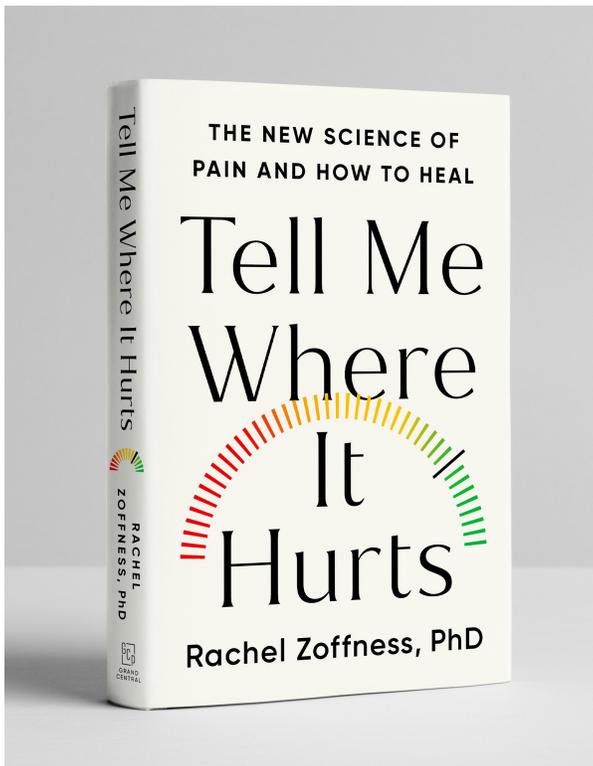


1. How is your **sleep**? (How many hours per night, how many awakenings, what sleep aids if any)
2. Tell me about your **diet**: sample breakfast, lunch, dinner. Are you able to shop/cook? Do you eat fruits and vegetables at every meal? Can you afford healthy groceries?
3. How often and how much do you **move**? Can you **exercise**? If so, how many minutes per day/week? What are you afraid will happen if you move/exercise?
4. Do you have a history of **trauma**? (Y/N)
5. How strong is your **social support network** on a scale from 0 (none, isolated) to 10 (very robust)? Do you feel lonely or isolated? Are you estranged from any family members? Do you belong to any community groups (religious, volunteer, social clubs, etc.)?
6. Please share your current and past **medications & substance use** history, prescribed *and* unprescribed.
7. How has your **emotional health** been in the past 6-12 months? Have you been anxious, stressed, depressed? Have you seen a therapist or psychiatrist, and if so, for how long?
8. What activities bring you **pleasure** and how often do you engage in them?
9. What **negative messages** have you been given about pain and your body?
10. Do you **believe** your pain is treatable, or untreatable? Are you optimistic or pessimistic about recovery?
11. What are your most **significant stressors**? (finances, death in the family, job loss, bills, social isolation, romantic relationships, work, physical health, etc.) How do you **manage** these stressors?
12. Let's craft your **High Pain Recipe** using biological, psychological, and social ingredients.
13. Based on your answers to the above questions, select 1-2 activities from the **Pain Protocol** in Part 3 of *Tell Me Where It Hurts* to try this week. As you go, track your questions, setbacks, and progress.



# Tell Me Where It Hurts

## PRAISE



*“This book is a must read for anyone struggling with chronic pain.”*

**Anna Lembke**, MD, Professor and Medical Director, Stanford Addiction Medicine Dual Diagnosis Clinic, NYT bestselling author of *Dopamine Nation*

*“If you follow the recommendations in this book, I can assure you that it will change your life.”*

**Layne Norton**, PhD, Doctor of Nutritional Sciences, Author of *Fat Loss Forever*

*“A masterclass in healing.”*

**Michael Gervais**, PhD, High Performance Psychologist, Author of *Finding Mastery*

## ABOUT THE AUTHOR

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Dr. Rachel Zoffness MS PhD is a leading global pain expert, pain psychologist, speaker, author, disruptor and thought-leader in pain medicine. She's faculty at the UCSF School of Medicine, lectures at Stanford, and is a winner of the prestigious Mayday Fellowship. *Tell Me Where It Hurts* is her third book and will be translated to more than 25 languages. Learn more at [zoffness.com](http://zoffness.com).