

Restoring Your Health. Empowering to Heal.

DIRECTIONS: There are many words that describe pain. Some of these words are grouped below. IF YOU ARE EXPERIENCING ANY PAIN, check (1) any words that describe your pain.

1. Flickering Quivering Pulsing Throbbing Beating Pounding 2. Jumping Flashing Shooting 3. Pricking Boring Drilling Stabbing Lancinating 4. Sharp Cutting Lacerating 5. Pinching Pressings Gnawing Crushing Crushing Crushing 6. Tugging Pulling Wrenching	13. Fearful Frightful Terrifying 14. Punishing Grueling Cruel Vicious Killing 15. Wretched Blinding 16. Annoying Troublesome Miserable Intense Unbearable 17. Spreading Radiating Penetrating Piercing 18. Tight Numb Drawing Squeezing Tearing	Severe Pain Moderate Pain Shooting Pain Numbness Tingling
7. Hot Burning Scalding Searing 8. Tingling Itchy Smarting Stinging	19. Cool Cold Freezing 20. Nagging Nauseating Agonizing Dreadful Torturing	BRIEF MOMENTARY TRANSIENT RHYTHMIC PERIODIC INTERMITTENT CONTINUOUS
9. Dull Sore Hurting Aching Heavy 10. Tender Taut	ACCOMPANYING SYMPTOMS: Nausea Headache Dizziness Constipation	STEADY CONSTANT
Rasping Splitting 11. Tiring Exhausting	Diarrhea ACTIVITY: Good Some	No Pain
12. Sickening	Little None	Can't sleep Little None