



# Pain reflection journal

Take a few moments to check in with yourself. There are no right or wrong answers.

## PAIN LEVEL TODAY?

1      2      3      4      5      6      7      8      9      10  
                          

0= No pain - 10= Worst pain imaginable

WHAT GENTLE MOVEMENT OR PHYSICAL ACTIVITY DID I DO?

WHAT STRESS, FRUSTRATION, OR HIDDEN ANGER AM I HOLDING TODAY?

MY BODY HURTS RIGHT NOW, BUT I AM SAFE BECAUSE...

WHAT IS ONE SMALL THING I SUCCESSFULLY MANAGED TO ENJOY TODAY?

### **A KIND REMINDER**

Pain is only one part of your story. Small steps, small wins, and moments of enjoyment all matter.