

PCS-C

Thoughts and feelings during pain

We are interested in what you think and how strong the feelings are when you are in pain. Below are 13 sentences of different thoughts and feelings you can have when you are in pain. Try to show us as clearly as possible what you think and feel by putting a circle around the word under each sentence that best reflects how strongly you have each thought..

1. When I am in pain, I worry all the time about whether the pain will end.
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
2. When I am in pain, I feel I can't go on like this much longer.
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
3. When I am in pain, it's terrible and I think it's never going to get better.
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
4. When I am in pain, it's awful and I feel that it takes over me
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
5. When I am in pain, I can't stand it anymore
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
6. When I am in pain, I become afraid that the pain will get worse
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
7. When I am in pain, I keep thinking of other painful events
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
8. When I am in pain, I want the pain to go away
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
9. When I am in pain, I can't keep it out of my mind
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
10. When I am in pain, I keep thinking about how much it hurts
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
11. When I am in pain, I keep thinking about how much I want the pain to stop
. NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
12. When I am in pain, there is nothing I can do to stop the pain.
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY
13. When I am in pain, I wonder whether something serious may happen
NOT AT ALL MILDLY MODERATELY SEVERELY EXTREMELY