


Pain Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Rate your pain level on the 1-10 scale and note the location and type of pain
 - Record the duration of pain episodes and check off medication and exercise
 - Rate your mood, sleep quality, and stress level to capture the full picture
 - Write about your pain experience, possible triggers, and what helped or made it worse
 - Describe how pain affected your daily activities, work, and social life



Scan for a detailed guide on how to use this journal

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