

Pain and/or Fatigue Diary

When Date/time	Situation What was I doing, where, who with, how long for?	Pain / Fatigue Describe & Rate 0 (none) – 10 (max)	Emotion/s Frustrated, anxious, angry, depressed, sad, scared etc	Thoughts What went through my mind at that time? What did that mean to me or say about me? What really upset me about that?	Alternative, more helpful Thought & Response Is there another way of looking at this? What would be more helpful – for me and for the situation?