

Figure 4.1 **Sample Behavioral Worksheet**

Things that happen earlier in day or the day before the pain flare	Things that happen just before the pain flare	Problem	Things that happen after the pain flare	Things that happen later that day or the day after the pain flare
<ul style="list-style-type: none"> <li>▶ Tired from not sleeping well</li> <li>▶ Felt guilty I hadn't finished project I started last week</li> </ul>	<ul style="list-style-type: none"> <li>▶ Working at my computer for more than an hour</li> </ul>	Pain flare 1	<ul style="list-style-type: none"> <li>▶ Feeling really worried</li> <li>▶ Stopped working and lay down when I couldn't stand the pain anymore</li> <li>▶ Took extra pain medication</li> <li>▶ Pain was not quite as bad after I rested and took meds</li> </ul>	<ul style="list-style-type: none"> <li>▶ Feeling more guilty about that project</li> <li>▶ Thinking "I just can't get any work done"</li> <li>▶ Thinking that medication helps pain, but I'd like not to take extra medication</li> </ul>
<ul style="list-style-type: none"> <li>▶ Frustrated about things I can't do</li> <li>▶ Completed all my shopping for next two weeks</li> </ul>	<ul style="list-style-type: none"> <li>▶ Drove a long distance to get home</li> <li>▶ Did a lot of reaching overhead to put all of the groceries away</li> <li>▶ Did a lot of standing at counter and sink</li> </ul>	Pain flare 2	<ul style="list-style-type: none"> <li>▶ Lay down in bed for several hours with a heating pad</li> <li>▶ Decided not to make the special meal I was planning</li> <li>▶ Pain started to ease</li> </ul>	<ul style="list-style-type: none"> <li>▶ Feeling angry at myself that we had to order takeout again</li> </ul>
<ul style="list-style-type: none"> <li>▶ Woke up feeling really good</li> </ul>	<ul style="list-style-type: none"> <li>▶ Really enjoyed painting</li> <li>▶ Stood for several hours at my art easel</li> </ul>	Pain flare 3	<ul style="list-style-type: none"> <li>▶ Spent afternoon in my recliner</li> </ul>	<ul style="list-style-type: none"> <li>▶ Resting helped with pain</li> <li>▶ Feeling discouraged about not being able to do things that I enjoy</li> </ul>

Figure 4.2 **Your Behavioral Worksheet**

Things that happen earlier in day or the day before the pain flare	Things that happen just before the pain flare	Problem	Things that happen after the pain flare	Things that happen later that day or the day after the pain flare
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