

SEE YOUR PAIN

Pain Thermometer: Use this tool as a guide to becoming aware of the reaction you have to your pain (body, mind, heart, spirit).

RED: SEVERE PAIN (Pain Rating 7-10/10)

Body: increased pulse, rapid breathing, holding breath, changes in temperature, flushed face/skin, shallow breathing/panting, physical exhaustion, lethargy

Mind: cannot think clearly, abusive self-talk, blaming others instead of finding solutions, mental exhaustion

Heart: anger, rage, hopelessness/despair, feeling out of control

Spirit: disconnected, unable to hear the message from higher self/divine

Actions: fight, flight, or freeze

- Fight: verbally or physically lashing out
- Flight: looking for way out, for escape
- Freeze: frozen, unable to act, making self invisible and small

YELLOW: MODERATE PAIN (Pain Rating 3-6/10)

Body: tenseness of muscles (specify: _____), mildly increased pulse, mildly faster breathing, chest breathing, holding breath, nervous stomach, clenched jaw, jittery, weight changes, sleep changes, hyperactive

Mind: mixed positive and negative dialogue, internal battle, tunnel vision focus on pain, decreased focus, hyperaware of surroundings/monitoring for additional threats

Heart: frustration, irritable, grumpy, out of sorts, persistent anxiety, paranoia, crying, emotional outbursts

Spirit: disconnected, unable to hear the message from higher self/divine

Actions: constantly assessing for next danger, hesitant, impulsive, indecisive

GREEN: NO PAIN/MILD PAIN (Pain Rating 0-2/10)

Body: freely moving, relaxed, comfortable, resting heart rate and breathing rate, breathing into abdomen

Mind: clear, calm, easy to problem solve

Heart: open, happy, satisfied, fulfilled, optimistic

Spirit: open to message from higher self/divine

Actions: doing what needs to be done, making decisions, and taking consistent action

