

# Worksheet

Professional Version | US English

# Pain Diary



---

## Description

---

Cognitive behavioral therapy (CBT) is an effective treatment approach for pain. CBT is, at heart, a rational and data-driven approach to therapy. Clients are encouraged to record their symptoms and to explore factors which interact with them. *Pain Diary* is a symptom recording measure for recording pain intensity. Clients can use the diary to look for any patterns in how the pain changes over the course of the day, and week.

---

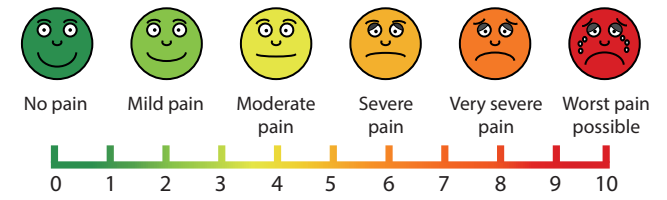
## References

---

Winterowd, C., Beck, A. T., Gruener, D. (2000). *Cognitive therapy for chronic pain patients*. Springer

# Pain Diary

Use this pain diary to record details of your pain and what you did to manage it each day.



Date & Time	Pain location	Pain rating	What were you doing when the pain started or increased?	What made your pain worse?	What helped to ease your pain?

Psychology Tools develops and publishes evidence-based psychotherapy resources. We support mental health professionals to deliver effective therapy, whatever their theoretical orientation or level of experience.

Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skills-development resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



**Resource details**

Title: Pain Diary  
 Type: Worksheet  
 Language: English (US)  
 Translated title: Pain Diary

URL: <https://www.psychologytools.com/resource/pain-diary/>  
 Resource format: Professional  
 Version: 20230721  
 Last updated by: EB

**Terms & conditions**

This resource may be used by licensed members of Psychology Tools and their clients. Resources must be used in accordance with our terms and conditions which can be found at: <https://www.psychologytools.com/terms-and-conditions/>

**Disclaimer**

Your use of this resource is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you are suffering from any mental health issues we recommend that you seek formal medical advice before using these resources. We make no warranties that this information is correct, complete, reliable or suitable for any purpose. As a professional user, you should work within the bounds of your own competencies, using your own skill and knowledge, and therefore the resources should be used to support good practice, not to replace it.

**Copyright**

Unless otherwise stated, this resource is Copyright © 2023 Psychology Tools Limited. All rights reserved.