



Health Psychology Problem List

Below are some common problem areas or concerns experienced by people with chronic pain or chronic health problems. Please circle the numbers of those you are currently experiencing and with which you would like help.

1. Getting more control over the role of pain in my life. It seem like my pain is in charge, not me.
2. Developing some non-medicine ways of managing my pain so I won't have to rely only on my medications.
3. Learning to relax more effectively. It seems I am always tensed up and stressed with the pain.
4. Improving my sleep. I have a hard time falling asleep, staying asleep or falling back to sleep after I awaken. Or I sleep a lot but still don't feel refreshed and rested.
5. Family stressors related to the pain, i.e. family communication problems, loss of family closeness and/or activities.
6. My sex life, i.e. loss of interest in sex, sexual ability or both.
7. Getting back to work or leaning a trade or career I can do with my pain or health problem.
8. Getting going with an exercise program or healthier lifestyle.
9. I need help with my mood, i.e. bad attitude, irritability, or depression.
10. I want to get back into life again, i.e. social life, recreation/leisure, community and spiritual activities.
11. Reducing or getting off pain medications.
12. Others: _____
