My Personal Starting Point

Date _____

Identify three meaningful activities that pain currently makes difficult. Be as specific as possible. You do not need to perform the activities in order to complete this worksheet.

Activity 1

_____

Circle your current ability.

0 1 2 3 4 5 6 7 8 9 10

Unable to do — Usual ability

Activity 2

_____

Circle your current ability.

0 1 2 3 4 5 6 7 8 9 10

Unable to do — Usual ability

Activity 3

_____

Circle your current ability.

0 1 2 3 4 5 6 7 8 9 10

Unable to do — Usual ability

My primary recovery goal

_____

_____

_____

Why this goal matters to me

_____

_____

_____

My starting point is a measurement, not a judgment.