

## Measuring my self-confidence to cope with pain

Use this questionnaire to discover your confidence levels at present to cope with your life despite your persistent pain

Rate how confident you are that you can do the following things at present, **DESPITE THE PAIN**. Circle one of the numbers on the scale for each item, where:

**0 = Not at all confident      6 = Completely confident**

- |     |   |   |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|---|---|
| 1.  | I can enjoy things despite the pain   | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2.  | I can do most of the household chores (e.g. Tidying up, washing dishes) despite the pain                | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3.  | I can socialize with my friends or family as often as I used to, despite the pain                       | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4.  | I can cope with my pain in most situations  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5.  | I can do some form of work (including housework, paid and unpaid work) despite the pain                 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6.  | I can still do most of the things I enjoy doing, such as hobbies or leisure activities despite the pain | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7.  | I can cope with my pain without medication  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8.  | I can accomplish most of my goals in life despite the pain  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9.  | I can lead a normal lifestyle despite the pain  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. | I can gradually become more active despite the pain   | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

### What does my score mean?

#### **A score of 15 out of 60 or less means a low confidence level**

You will need to explore this website to discover and try out more self-care skills. You should also see your health care professional such as your GP to share the problems you are having in your life due to pain.

You will be able to access more resources and services to help you cope each day with more confidence

**Score 15-40 means moderate level of confidence**

Explore the website further to find more helpful information, advice and tools to help boost your confidence levels.

Re-check your confidence levels again in 4-6 weeks time. If they have not increased, then see a health care professional such as a GP to guide you to more resources and services.

**Score 40+ means a high level of confidence**

You are coping well despite the pain. Explore the website to see if there are one or two new skills or tools that you can add to your-self management toolkit.