

How ready are you to adopt active pain self-management strategies?

Adoption Stages	
Precontemplation	<ol style="list-style-type: none"> 1. I have tried everything that people have recommended to manage my pain and nothing helps. 2. My pain is a medical problem and I should be dealing with physicians about it. 3. Everybody I speak with tells me that I have to learn to live with my pain, but I don't see why I should have to. 4. I still think despite what doctors tell me, there must be some surgical procedure or medication that would get rid of my pain. 5. The best thing I can do is find a doctor who can figure out how to get rid of my pain once and for all. 6. Why can't someone just do something to take away my pain? 7. All of this talk about how to cope better is a waste of my time.
Contemplation	<ol style="list-style-type: none"> 1. I have been thinking that the way I cope with my pain could improve. 2. I have recently realized that there is no medical cure for my pain condition, so I want to learn some ways to cope with it. 3. Even if my pain doesn't go away, I am ready to start changing how I deal with it. 4. I realize now that it's time for me to come up with a better plan to cope with my pain problem. 5. I am beginning to wonder if I need to get some help to develop skills for dealing with my pain. 6. I have recently figured out that it's up to me to deal better with my pain. 7. I have recently come to the conclusion that it's time for me to change how I cope with my pain. 8. I'm starting to wonder whether it's up to me to manage my pain rather than relying on physicians. 9. I have been thinking that doctors can only help so much in managing my pain and that the rest is up to me. 10. I have been wondering if there is something I could do to manage my pain better.
Action	<ol style="list-style-type: none"> 1. I am developing new ways to cope with my pain. 2. I have started to come up with strategies to help myself control my pain. 3. I'm getting help learning some strategies for coping better with my pain. 4. I am learning to help myself control my pain without doctors. 5. I am testing out some coping skills to manage my pain better. 6. I am learning ways to control my pain other than with medications or surgery.
Maintenance	<ol style="list-style-type: none"> 1. I have learned some good ways to keep my pain problem from interfering with my life. 2. When my pain flares up, I find myself automatically using coping strategies that have worked in the past, such as a relaxation exercise or mental distraction technique. 3. I am using some strategies that help me better deal with my pain problem on a day-to-day basis. 4. I use what I have learned to help keep my pain under control. 5. I am currently using some suggestions people have made about how to live with my pain problem. 6. I have incorporated strategies for dealing with my pain into my everyday life. 7. I have made a lot of progress in coping with my pain

Source: Kerns RD, Rosenberg R, Jamison RN, Caudill MA, Haythornthwaite J. Readiness to adopt a self-management approach to chronic pain: the Pain Stages of Change Questionnaire (PSOCQ). *Pain*. 1997 Aug;72(1-2):227-34. doi: 10.1016/s0304-3959(97)00038-9. PMID: 9272807.