

## PAIN/ENERGY PRICE INDEX

<b>Desired activities</b>	<b>Emotional benefits</b>	<b>Physical costs</b>	<b>Cost/Worth the price?</b>
Gardening	Pleasurable outdoor activity. Feels like a contribution to family. Sense of competence and independence.	1 day of modified bed rest to recuperate plus no driving, typing, and cooking for 2 days.	Moderate/Worth the price once a month.
Sewing	Pleasurable activity. Feels like a contribution to self and family. Outlet for creativity. Sense of competence and independence.	2 days complete hand rest, or 1 day hand rest if sew only 10 min. every hour after resting.	Moderate/Worth the price twice a month. May require giving up activities with equal physical demands.
Vacuuming	Necessary for clean, healthy environment. Exercise. Feels like a contribution. Sense of independence.	3 days of extreme fatigue if more than 5 minutes at a time.	Moderate/Not worth the cost. Decide to have children vacuum in exchange for help with their homework.
Dancing	Joyful activity, socially rewarding. Exercise.	5 days of exhaustion, pain and increased symptoms.	Severe/Occasionally worth the cost of pain since this level of enjoyment is rare.
Yard Work	Pleasurable activity. Exercise. Contribution to family. Sense of competence.	3 days of pain, restricted activity, increased sleep disruption, unless done no more than 10 minutes at a time with frequent rests.	Severe/Worth the cost.
Washing dishes	Necessary chore. Feels like a contribution.	Several hours increased mod to severe fatigue.	Moderate/Worth the cost when no one else can do it.

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Desired activities	Emotional benefits	Physical costs	Cost/Worth the price?
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			
6. _____			
7. _____			

Date \_\_\_\_\_ Time \_\_\_\_\_

## PAIN PRICE INDEX

Desired activities	Emotional benefits	Physical costs	Cost/Worth the price?
8. _____			
9. _____			
10. _____			
11. _____			
12. _____			
13. _____			
14. _____			

Date \_\_\_\_\_ Time \_\_\_\_\_