

# Tell me about your pain/concern.

	0	1	2	3	4	5	6	7	8	9	10
Intensity	None	Perceptible & ignorable		More persistent, recurring & nagging			Distracting more often than not		Changes sense of priorities		Untenable
How well does TODAY = last 10 days?	"This is the best I have felt in awhile."			"Right now, I can contain my pain. It is sometimes much worse."			"It is hard to focus on answering this question."		"Today I feel awful. This has continued to get worse to this extreme."		
Familiarity	Totally new Unfamiliar			A few aspects are similar to a previous experience.			A few aspects are different from before.		There is a LOT about this situation I know.		WELL known to me.
History	"I do not have experience with significant injuries or illnesses that required medical attention."				"I have been to the ER &/or multiple doctor visits regarding illness or injury. I know some about surgery."			"I have significant experience with my own or others illness, injuries, &/or surgery."			
Fear	"I am not afraid."	"Not a bother."		"This bothers me/loved ones <i>enough</i> that I wanted to get a medical opinion."			"I have worry. I am increasingly struggling."		"This is horrifying."		
Quality of Life (QOL)	No impact or rare (within specific contexts)			Aware; brings about pauses			Common; requires adjustments		All consuming		Defines
Expectations regarding next steps	"I know how to follow-up if something changes. This is what I will do:..."			"I want clear direction on next steps, including what to do if it worsens. Before we talk about plans, I need to share with you what my values are with regard to treatment."				"I feel I need immediate help today. I would like to feel that you are invested in my well-being, too."			