

**Flip The
Script**

UNDERSTANDING PAIN



Living with pain can be hard.

Pain can get in the way of our daily activities, bring up difficult feelings, and keep us from spending time with friends and family.

But you can Flip the Script on pain.

Talk to your health care provider about your pain. Be open and honest about how it is affecting your life. This will help them offer better treatment options.

Together, you and your provider can set realistic goals to help you take action and stay hopeful and confident.



Understanding pain and knowing what to expect are the first steps in flipping the script.

Visit FlipTheScriptOnPain.org

Learn More About

- Types of pain
- Impact of pain
- How to take control of your pain

Be Prepared By

- Knowing how to describe your pain
- Tracking your pain

Take Action

- Talk to your health care provider about your pain

Take Action. Flip the page for questions to ask your provider.

TAKE ACTION. TALK TO YOUR PROVIDER ABOUT YOUR PAIN.



The following questions will help you Flip The Script with your provider and can help spark new ideas that you may not have thought of. Print and take this to your next health care visit. Use the notes section to write down the important points you want to remember.

Suggested Questions to Ask	My Notes
Why am I having pain?	
Is my pain normal for my diagnosis?	
How long will I have to deal with this pain?	
My pain affects my ability to garden. What can we do about that?	
How can I continue doing the things that matter most to me?	
What is the best-case scenario? What is the worst-case scenario? What usually happens?	
Can you help me set realistic goals about the level of pain relief I can expect over time?	

LEARN MORE

To learn more about pain, visit FlipTheScriptOnPain.org.

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