

Do you have chronic pain ?

We can help you.

01. I've have persistent pain for at least 3 months despite my doctors treatment. True / False
02. Frequently I act as if I'm in pain ,by groaning, crying ,wincing or massaging the area that hurts. True / False
03. I'm not physically able to do as many things as I was before my pain started. True / False
04. I'm not a interested in hobbies as I was before my pain began. True / False
05. I often feel very depressed or have considerable anxiety. True / False
06. My nutritional habits have deteriorated. I either have no appetite, or I eat too many "fun foods" to make myself feel better. True / False
07. People don't seem to enjoy my company as much as they did before my pain began. True / False
08. It often takes real will power for me to control my irritability. True / False
09. My pain interferes with my work at some point during every day. True / False
10. I'm frequently tired. True / False
11. My medication is my most powerful weapon against pain. True / False
12. My pain often interferes with my ability to concentrate. True / False
13. I wish I could take better care of people in my family, but it's hard enough for me to take care of myself. True / False
14. My sleep patterns are often disrupted by pain True / False
15. My nerves are so touchy that I tend to overreact to minor things, such as sudden loud noises True / False
16. I've gone from doctor to doctor, looking for someone who can help me. True / False
17. When I have an important day coming up, I worry that my pain will interfere True / False
18. I've lost the feeling of control over my life True / False
19. I've begun to feel that my life has been ruined by my pain True / False
20. I spend more time thinking about my pain than any other single aspect of my life. True / False

From 'The Pain Cure' Dharmia Khalsa M.D

GET CONTROL OF YOUR CHRONIC PAIN IN 8 WEEKS OR LESS...

How can I help you ?

Dale Martin is a registered Psychologist with 20 years of clinical experience. He has successfully helped many people suffering from chronic pain.

He is a member of the Australian Pain Society and a member of the Australian College Of Clinical Psychologists.

Other Psychological services offered:

- >> Treatment of eating disorders
- >> Relationship counselling
- >> Mindful Stress Management
- >> Treatment of Anxiety Disorders

CHRONIC PAIN COUNSELLING & ASSESSMENT

>> Mobile 0418 740 821
email daleamartin@yahoo.com

* Services also offered in South East Queensland



GET CONTROL OF YOUR CHRONIC PAIN IN 8 WEEKS OR LESS...



Every single day thousands of Australians wake to debilitating chronic pain - month after month, year after year. Many find themselves locked into a cycle of pills, depressions and bed rest. But there is another way...

ERROR: undefinedresource
OFFENDING COMMAND: findresource

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