

## PCS-C

### Thoughts and feelings during pain

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We are interested in what you think and how strong the feelings are when you are in pain. Below are 13 sentences of different thoughts and feelings you can have when you are in pain. Try to show us as clearly as possible what you think and feel by putting a circle around the word under each sentence that best reflects how strongly you have each thought..

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|-----|--|--------|------------|----------|-----------|
| 1.  | When I am in pain, I worry all the time about whether the pain will end.     |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 2.  | When I am in pain, I feel I can't go on like this much longer.               |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 3.  | When I am in pain, it's terrible and I think it's never going to get better. |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 4.  | When I am in pain, it's awful and I feel that it takes over me               |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 5.  | When I am in pain, I can't stand it anymore                                  |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 6.  | When I am in pain, I become afraid that the pain will get worse              |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 7.  | When I am in pain, I keep thinking of other painful events                   |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 8.  | When I am in pain, I want the pain to go away                                |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 9.  | When I am in pain, I can't keep it out of my mind                            |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 10. | When I am in pain, I keep thinking about how much it hurts                   |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 11. | When I am in pain, I keep thinking about how much I want the pain to stop    |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 12. | When I am in pain, there is nothing I can do to stop the pain.               |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |
| 13. | When I am in pain, I wonder whether something serious may happen             |        |            |          |           |
|     | NOT AT ALL   | MILDLY | MODERATELY | SEVERELY | EXTREMELY |