

## CPAQ

**Directions:** Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following rating scale to make your choices. For instance, if you believe a statement is ‘Always True,’ you would write a 6 in the blank next to that statement.

0	1	2	3	4	5	6
Never True	Very rarely true	Seldom true	Sometimes true	Often true	Almost always true	Always true

1. \_\_\_\_ I am getting on with the business of living no matter what my level of pain is.
2. \_\_\_\_ My life is going well, even though I have chronic pain.
3. \_\_\_\_ It’s OK to experience pain.
4. \_\_\_\_ I would gladly sacrifice important things in my life to control this pain better.
5. \_\_\_\_ It’s not necessary for me to control my pain in order to handle my life well.
6. \_\_\_\_ Although things have changed, I am living a normal life despite my chronic pain.
7. \_\_\_\_ I need to concentrate on getting rid of my pain.
8. \_\_\_\_ There are many activities I do when I feel pain.
9. \_\_\_\_ I lead a full life even though I have chronic pain.
10. \_\_\_\_ Controlling pain is less important than any other goals in my life.
11. \_\_\_\_ My thoughts and feelings about pain must change before I can take important steps in my life.
12. \_\_\_\_ Despite the pain, I am now sticking to a certain course in my life.
13. \_\_\_\_ Keeping my pain level under control takes first priority whenever I’m doing something.
14. \_\_\_\_ Before I can make any serious plans, I have to get some control over my pain.
15. \_\_\_\_ When my pain increases, I can still take care of my responsibilities.
16. \_\_\_\_ I will have better control over my life if I can control my negative thoughts about pain.
17. \_\_\_\_ I avoid putting myself in situations where my pain might increase.
18. \_\_\_\_ My worries and fears about what pain will do to me are true.
19. \_\_\_\_ It’s a relief to realize that I don’t have to change my pain to get on with my life.
20. \_\_\_\_ I have to struggle to do things when I have pain.