

WORKSHEET

NARROWING YOUR OPTIONS

Taking an active role in health decision making is important for your health and well being. By doing so, you will be better informed and able to work with your healthcare team to match treatment choices with your personal preferences and priorities.



Take stock and prepare.

Take some time to think about those things that are most important to you when making decisions related to your pain care.

- What are your personal, family and professional goals for pain management? For example, perhaps you're most concerned with improving your concentration at work, or maybe you're a parent worried about being there for your kids while dealing with unpredictable pain flares. You may long to get back to activities such as gardening, playing an instrument or walking with friends. Maybe your pain is so crippling and intense that nothing other than finding some relief is as important.
- Think about how certain treatments might affect or fit these goals.
- Balance your desired outcomes for pain relief and improved quality of life with what is realistic in your life. You may find that no single treatment option will help you meet all of your top priorities.

Use the back page to write down and rank your top three priorities for treatment.

Keep in mind, your health needs will likely change over time, but being able to refer to these may be useful as you try to make treatment decisions that are best for you.

For more information, see APF's worksheet, *Weighing the Pros and Cons*.

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List and rank your top priorities for pain management. You may find that your personal path to pain relief will be driven by a desire to improve your general health and well being, personal life and/or ability to fulfill work responsibilities. After you jot down what is most important to you, it may be helpful to decide if each priority supports one, two or all of these areas.



PRIORITY 1

Supports:

- General health and pain relief
- Personal/family life
- Work life

PRIORITY 2

Supports:

- General health and pain relief
- Personal/family life
- Work life

PRIORITY 3

Supports:

- General health and pain relief
- Personal/family life
- Work life
