



Abdominal Pain Worksheet 1

How Does Your Pain Affect You?

Living with pain can be difficult. It can affect the things you do, it can also impact the way you feel and think, as well as your relationships with friends and family.

Have a look at the examples below of how pain can affect young people. Use the blank spaces to write other ways in which pain has affected your life.

1. _____

2. _____

3. _____

4. _____

Struggle to keep up with school work

Stop doing hobbies

Struggling to sleep

Reduced fitness

Can't Concentrate

Can't go out with friends

Feeling upset and frustrated

Can't participate in sports