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3D Practical Pain Journal

Guidelines: Journal when pain is at its best (most tolerable) or worst (least tolerable) include information related to the moment and/or 3 hours before to understand each dimensions connection to your pain / symptoms. Include information related to these three dimensions:

Mechanically—what are you doing?







Sitting, standing, walking, doing stairs, gardening, watching movie, etc

Socially—Where are you at? Who are you with?

Ex: at grocery store with sister, driving to son's practice, visiting mother at nursing home, etc.

Emotionally—How are you feeling?

Happy, Excited, Tender, Scared, Angry, Sad use the generalized descriptors below to represent your feelings.

HAPPY	EXCITED	TENDER	SCARED	ANGRY	SAD
Delighted Elated Jolly Complete Satisfied Optimistic Pleased Upbeat	Aroused Nervous Thrilled Spirited Chipper Enthusiastic Frenzied Antsy	Affectionate Loving Compassionate Warmhearted Kind Sensitive Congenial Sympathetic	Worried Nervous Frightened Apprehensive Horrorified Anxious Jittery Intimidated	Uptight Hot-tempered Bitter Infuriated Mad Irritated Outraged Resentful	Discouraged Depressed Dissatisfied Down Heartbroken Dejected Troubled Blue
					

Credit to World of Hurt and Shirley Ryan Ability Lab

WHAT WERE YOU DOING 3 HOURS BEFORE?:

DATE: _____ **TIME:** _____

PAIN: at its worst? _____ at its best? _____

MECHANICAL: _____

SOCIAL: WHERE ARE YOU _____

WHO ARE YOU WITH _____

EMOTIONAL: happy excited sad angry scared tender

WHAT WERE YOU DOING 3 HOURS BEFORE?:

DATE: _____ **TIME:** _____

PAIN: at its worst? _____ at its best? _____

MECHANICAL: _____

SOCIAL: WHERE ARE YOU _____

WHO ARE YOU WITH _____

EMOTIONAL: happy excited sad angry scared tender

DATE: _____ **TIME:** _____

PAIN: at its worst? _____ at its best? _____ (on a scale of 1 to 10)

MECHANICAL: _____

SOCIAL: WHERE ARE YOU _____

WHO ARE YOU WITH _____

EMOTIONAL: happy excited sad angry scared tender

DATE: _____ **TIME:** _____

PAIN: at its worst? _____ at its best? _____ (on a scale of 1 to 10)

MECHANICAL: _____

SOCIAL: WHERE ARE YOU _____

WHO ARE YOU WITH _____

EMOTIONAL: happy excited sad angry scared tender

The Core Four Exercises

Exercises to Regulate your Nervous System

- Perform throughout the day
- Reset the social engagement system
- Can be performed alone or with others
- Notice the shift within and around your body

The Core Four

Slow Blinking

Just like it sounds, folks. Slowly blink your eyes. How many times you ask? Until you feel a shift.

Video link: [Slow Blinking](#)

Vagus Reset

Interlace hands comfortably behind your head. Keep your head and neck in neutral and gently avert your eyes to one side. Wait for it....maybe a sigh or an exhale or any other sign your nervous system is down regulating.

Repeat to the other side. Video Link: [Vagus Nerve Reset Video](#)

Triple T

Tongue, Teeth, Turn to relax your jaw. Gently place the tip of your tongue between your front teeth. Turn your head to one side. Hold. Breathe. Repeat to the other side. Video Link : [Triple T](#)

Salamander

Tilt your head one side. We will be moving our eyes on the diagonal. Look downward and outward towards the side of your head tilt. Hold. Then up and across to the other side. Hold. Reset to the middle. Tilt your head to the other side. Look downward and outward towards the side of your head tilt. Hold. Then up and across to the other side. Hold. Reset to the middle. Video Link: [Salamander](#)

Find these great exercises and more on [YouTube.com/ReneeOstertag](https://www.youtube.com/ReneeOstertag)

Core Four Worksheet: A Self-awareness practice

When I think, feel, or notice _____ it's a good time to try these exercises.

What it feels like before doing the core four exercises _____.

Shifts I noticed in my body with these exercises _____.

Shifts I noticed in my thinking with these exercises _____.

Circumstances, events, or situations where these exercises could be helpful for me _____

_____.

Other thoughts, insights, or things I want to be sure to remember _____

_____.