

# Pain and symptom self assessment guide

If you've tried everything for your pain and nothing is working... *this might be why.*

And I am here to help.



- Pain or symptom started without a physical precipitation. (Often occurring with no injury, upon waking in the morning or during a time of stress)
- Did your symptoms start around or after a major emotional event or stressful period?
- If there was an injury, symptoms persist after injury has healed (all injuries heal and scars do not cause pain.)
- Symptoms are in a distribution pattern that is symmetric in the body, mirror image on the left/right side.
- Symptoms occur on one whole side of the body, or occur on half of the face, head, or torso (this does not fit into a pattern that corresponds to physical damage.)
- Symptoms spread over time to different parts of the body.
- Symptoms radiate to the opposite side of the body or down a whole leg or arm
- Symptoms occur in many different areas of the body at once.
- Symptoms have the quality of tingling, electric, burning, numbness, hot/cold
- Symptoms occur from a prior injury that has healed. (Longest healing process is usually 6-12 weeks for a broken bone.)

- Symptoms shift from one location in the body to another, either within hours, days, or weeks at a time.
- Symptoms are more or less intense depending upon the time of day. (ex: occurring in the middle of the night=subconscious brain activity, not damage.)
- Symptoms occur after, but not during, activity or exercise(a structural injury hurts when used and is better when resting.)
- Symptoms occur or worsen when you think about it or are asked about it.
- Symptoms increase when stressed or when thinking about it.
- Symptoms are minimal or non-existent when engaged in joyous or distracting activities.(Like on vacation)
- Symptoms are minimal or non-existent after some form of therapy(reiki, massage, vitamin, accupuncture.) But then they return after a period of time.
- Symptoms are triggered by things that are not related to the actual symptom, such as: food, smells, light, sound, computer screens, menstrual cycle, changes in the weather or specific movements.
- Symptoms are triggered by the anticipation of stress, such as: prior to a doctor visit, medical test, visit to/from relatives, or social gathering.
- Symptoms are triggered by imagining engaging in the movement, such as imagining bending over, turning the neck, etc. (This is great exercise to determine emotional injury manifesting in the body.)
- Symptoms are triggered by light touch or stimuli, such as wind or cold. (This shows us amplified danger signal and is also a great way of determining overactivation of sympathetic system response.)

## **Here are personality traits that we take into consideration**

- Having low self-esteem
- Being a perfectionist
- Having high expectations of yourself
- Wanting to be good and/or liked
- Frequently hostile and/or aggressive(this can manifest as internal also)
- Frequently feeling guilt

- Frequently feeling shame
- Feeling dependant on the emotions of others as a gauge of your safety
- Being conscientious
- Being hard on yourself
- Being overly responsible
- Often having responsibility for others
- Having rage or resentment
- Often worrying
- Being sad
- Have difficulty making decisions
- A rule-follower
- Having difficulty letting go
- Cautious, shy or reserved
- Tend to hold thoughts and feelings in

Is any of this resonating with you a little too well? You are in good company. This is why I have developed my program to help.

For further assistance, please book a free discovery consult at [www.findingnervana.com](http://www.findingnervana.com)

Yours in healing,

Trish