

Chapter 1 – Checklist



Please put an 'X' in the circle beside the comment that describes the area where you are having difficulty. Then describe your concern in the box below.

- ☐ I feel alone; nobody understands what I am going through.
Please describe:

- ☐ I don't think I'll ever gain control over my pain.
Please describe:

- ☐ There is just too much to learn; I feel overwhelmed!
Please describe:

- ☐ I am facing other difficulties.
Please describe: