

Below is a list of common findings fibromyalgia patients report. Mark which ones apply to you and your fibromyalgia.

- ☐ You're middle-aged.
- ☐ You have pain in many different areas.
- ☐ You've had pain for several years or months.
- ☐ You've been given several diagnoses.
- ☐ You've seen numerous healthcare providers.
- ☐ You get help from each treatment for a while, but it stops working.
- ☐ You've been tested and scanned, but nothing is found.
- ☐ Your tests may show some degeneration or arthritis.
- ☐ You were able to do a lot of activity before fibromyalgia.
- ☐ Your fibromyalgia has limited your ability to do activities.
- ☐ Your fibromyalgia has impacted your job and income.
- ☐ You've been diagnosed with depression.
- ☐ Your pain is steadily getting worse instead of better.
- ☐ You can't sleep.
- ☐ You're constantly tired.
- ☐ You've tried to lose weight, but you can't. In fact, you're gaining weight.
- ☐ You experience pain when you exercise.
- ☐ Your family doesn't understand your pain.

You've been dealing with fibromyalgia for a while. With all your interaction with healthcare providers, you've undoubtedly gotten a lot of advice and information. Some of it might be good, and some of it might be bad. Below is a list patients have provided regarding how they're feeling. Check off the familiar ones, and then use this page to write down what you know about fibromyalgia:

- ☐ I don't want it.
- ☐ It's no fun.
- ☐ Nothing helps.
- ☐ No one believes me.
- ☐ The future is bleak.
- ☐ It's not getting better.
- ☐ I guess I'll have to live with it.

**My list of things I know about fibromyalgia:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Since developing fibromyalgia, you've undoubtedly seen many different healthcare providers. In many cases, you've seen providers with the same profession several times. Below is a list of professionals commonly consulted for fibromyalgia. Check off the ones you've seen. Write how many of each one you've seen.

Yes/No	Profession	How Many?
	Family Doctor	
	Physical Therapist	
	Occupational Therapist	
	Pain Management Specialist	
	Neurologist	
	Chiropractor	
	Massage Therapist	
	Orthopedic Surgeon	
	Dietician	
	Rheumatologist	
	Psychologist	
	Psychiatrist	
	Other:	
	Other:	

**Education is therapy.** Learning about the neuroscience of fibromyalgia will help you get better. As you move through the workbook, it's important that you ask questions. Your healthcare provider will help you answer them. Use this page to write down any questions you have up to this point based on this session.

Write your questions here.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_