

Dr. Tina's Pain Scale

Numerical scale for adults and teens. What is your Pain Level? Has the ease of implementing assessments and the tool is simple to use.

1st Strategy

- ▶ 0-10 Pain Scale

WHAT IS YOUR PAIN LEVEL?



10
UNBEARABLE
PAIN



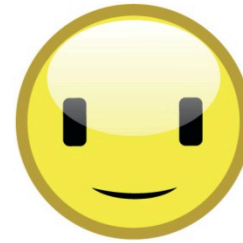
8
GREAT
PAIN



6
IN
PAIN



4
PAINFUL



2
A
LITTLE
PAIN



2nd Strategy

- ▶ Pain relief around the clock.



3RD Strategy

- ▶ One on One individual and group therapy/ Behavior modification



The IT-Family Test and Stress Wheel Training Model

Expose-IT

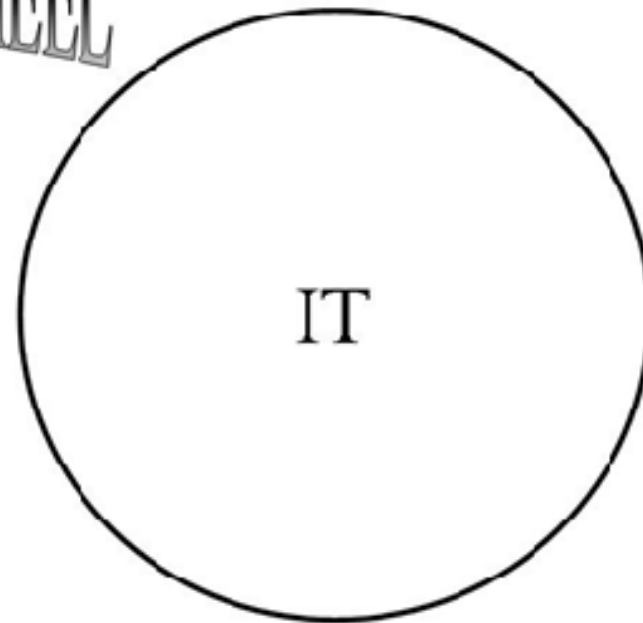
I= Impossible

T= Trauma -Test-Temptation-Trial-Trouble-Tribulation to Triumph!

Remember: If you won't deal with IT = IT will deal with you.

IT TEST & STRESS WHEEL

Divide this circle like a pie so that each slice represents an IT



NOTE Add any additional stressors that may not be from the list. Remember that stressors can be positive and negative, healthy and unhealthy.

Looking for Love-Youth (Singles, Dating, Courting)

Dying for Love (domestic Violence, STD's, Substance Abuse)

Victims of Love (Domestic Violence, Physical, Emotional, Sexually – Abused)

Transparency #3 Falling In & Out of Love (Backsliders, Spiritual Vacations & Egyptian Lovers)

Trapped by Love (Secret Love; Love Sck, Emotional Lover)

- ▶ I. Acute Pain
- ▶ II. Chronic Pain
- ▶ III. In the Mean Time
- ▶ IV. End of Life Pain



- ▶ Coordinating Mental Health Services.
- ▶ Combined With: Pain Control/ Medication Management without abuse or misuse.

