

Questions to Ask Yourself about Your Symptoms

- When did I first begin experiencing symptoms?
- When do I most notice the symptoms?
- How severe are my symptoms?
- Does anything make the symptoms worse or better?
- Have my symptoms changed over time?
- Where on or in my body are the symptoms located?
- Is there pain related to my symptoms? (See questions on next page.)
- Were the symptoms or pain first triggered by a physical event?
- What have I tried to alleviate the symptoms?
- What do I think is causing my symptoms or associated pain?