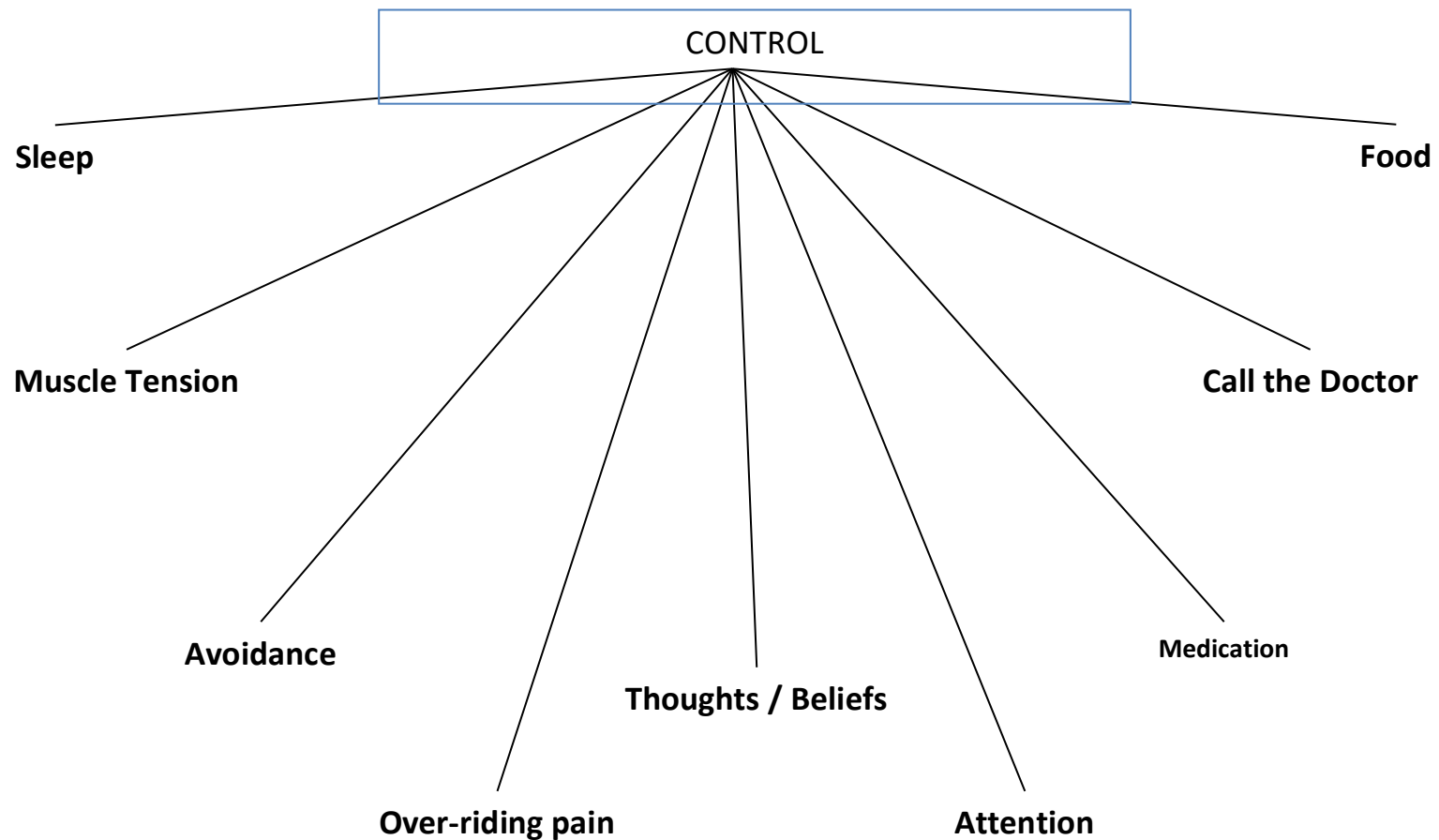




Pillar D6: Take back control of your life

Pain Management involves taking control



Multidimensional Health Locus of Control Scale (Form A)

Instructions: Each item below is a belief statement about your medical condition with which you may agree or disagree. Beside each statement is a scale which ranges from strongly disagree (1) to strongly agree (6). For each item we would like you to circle the number that represents the extent to which you agree or disagree with that statement. The more you agree with a statement, the higher will be the number you circle. The more you disagree with a statement, the lower will be the number you circle. Please make sure that you answer **EVERY ITEM** and that you circle **ONLY ONE** number per item. This is a measure of your personal beliefs; obviously, there are no right or wrong answers.

1=STRONGLY DISAGREE (SD) 2=MODERATELY DISAGREE (MD) 3=SLIGHTLY DISAGREE (D)		4=SLIGHTLY AGREE (A) 5=MODERATELY AGREE (MA) 6=STRONGLY AGREE (SA)					
		SD	MD	D	A	MA	SA
1	If I get sick, it is my own behavior which determines how soon I get well again.	1	2	3	4	5	6
2	No matter what I do, if I am going to get sick, I will get sick.	1	2	3	4	5	6
3	Having regular contact with my physician is the best way for me to avoid illness.	1	2	3	4	5	6
4	Most things that affect my health happen to me by accident.	1	2	3	4	5	6
5	Whenever I don't feel well, I should consult a medically trained professional.	1	2	3	4	5	6
6	I am in control of my health.	1	2	3	4	5	6
7	My family has a lot to do with my becoming sick or staying healthy.	1	2	3	4	5	6
8	When I get sick, I am to blame.	1	2	3	4	5	6
9	Luck plays a big part in determining how soon I will recover from an illness.	1	2	3	4	5	6
10	Health professionals control my health.	1	2	3	4	5	6
11	My good health is largely a matter of good fortune.	1	2	3	4	5	6
12	The main thing which affects my health is what I myself do.	1	2	3	4	5	6
13	If I take care of myself, I can avoid illness.	1	2	3	4	5	6
14	Whenever I recover from an illness, it's usually because other people (for example, doctors, nurses, family, friends) have been taking good care of me.	1	2	3	4	5	6
15	No matter what I do, I'm likely to get sick.	1	2	3	4	5	6
16	If it's meant to be, I will stay healthy.	1	2	3	4	5	6
17	If I take the right actions, I can stay healthy.	1	2	3	4	5	6
18	Regarding my health, I can only do what my doctor tells me to do.	1	2	3	4	5	6

The Ten Secrets of Happiness

<p>Plant something and nurture it</p> 	<p>Count your blessings: at least five, at the end of each day</p> 
 <p>Take time to talk. Have an hour-long conversation with a loved one each week</p>	 <p>Phone a friend whom you have not spoken to for a while and arrange to meet up</p>
<p>Give yourself a treat every day and take the time to really enjoy it</p> 	<p>Have a good laugh at least once a day</p> 
 <p>Get physical - exercise for half an hour three times a week</p>	<p>Hello!</p>  <p>Smile at and/or say hello to a stranger at least once each day</p>
<p>Cut your TV viewing by half</p> 	<p>Spread some kindness - do a good turn for someone every day</p> 

Stevens 2005 <http://news.bbc.co.uk/1/hi/4436482.stm>

www.getselfhelp.co.uk

www.get.gg



*You may not be able to alter
the length of your life –
but you have the ability
to improve its width and depth*

