



## **Pain Reprocessing Therapy Neuroplastic Pain Self-Screening Assessment**

This assessment is not a diagnostic tool and does not replace medical evaluation. Please consult a medical provider to rule out structural or systemic causes of pain.

### **Part 1: Pain History**

1. Did your pain begin during a stressful time in your life?

- Yes
- No
- Not sure

2. Did your pain begin without a clear physical injury?

- Yes
- No
- Not sure

If there was an injury: Has normal healing time passed (6–12 weeks), but pain remains?

- Yes
- No
- Not sure

### **Part 2: Symptom Patterns**

3. Are your symptoms inconsistent (varying intensity or good/bad days)?

- Yes
- No

4. Do your symptoms move, spread, or change locations?

- Yes
- No

5. Do you experience pain in multiple areas without clear explanation?

- Yes
- No

6. Are your symptoms symmetrical (both sides of body)?

- Yes
- No

7. Do you experience delayed pain after activity rather than during it?

- Yes
- No

### **Part 3: Stress & Triggers**

8. Does your pain worsen during emotional stress?

- Yes
- No



9. Does your pain decrease when relaxed or enjoying yourself?

- Yes
- No

10. Are symptoms triggered by non-physical factors (weather, time of day, environment)?

- Yes
- No

#### **Part 4: Nervous System & Life Experiences**

11. Did you experience adversity or chronic stress in childhood?

- Yes
- No
- Prefer not to say

12. Do you identify with traits such as perfectionism, self-criticism, people-pleasing, anxiety, or high responsibility?

- Yes
- No

#### **Part 5: Medical Evaluation**

13. Have medical providers been unable to find a clear structural cause?

- Yes
- No
- Mixed answers

#### **Scoring & Reflection**

This assessment is not a pass/fail tool. If you answered 'Yes' to five or more questions, especially across multiple sections, your pain may have a neuroplastic component.

If your symptoms fluctuate, move, respond to stress, or lack a clear structural explanation, this strongly suggests nervous system involvement.

Neuroplastic pain is real, common, treatable, and reversible. Pain Reprocessing Therapy works by reducing fear, rewiring conditioned responses, and calming nervous system threat signals.

**If you are interested in learning more about Pain Reprocessing Therapy (PRT) or working with a Certified Pain Reprocessing Therapist, please book a free consultation at [AZTeletherapy.com](https://www.AZTeletherapy.com).**