

Overcoming Pain Scoring Key

Questions	Scoring Key	Total
1 – 5	Emotional Neglect	
6 – 10	Childhood Trauma	
11 – 15	Safety and Support	
16 – 20	Increased physiological arousal	
21 – 25	Emotional disconnection	
26 – 30	Negative thinking/'Catastrophizing'	
31 – 34	Post-traumatic Stress Disorder	
	Total	