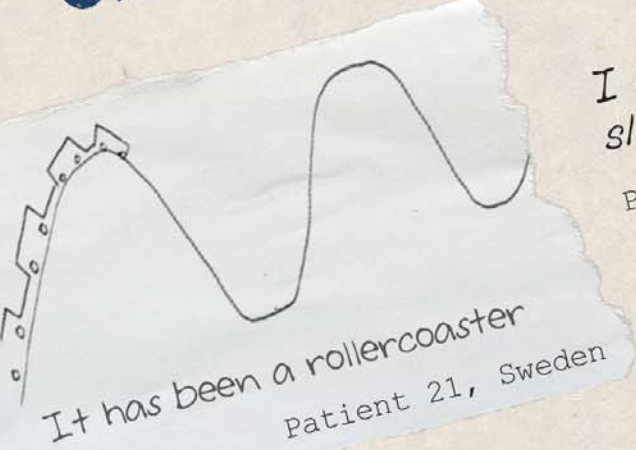


# How does pain impact on your daily life?

It has been a rollercoaster  
Patient 21, Sweden



I lie down and try to sleep it through  
Patient 4, Ireland

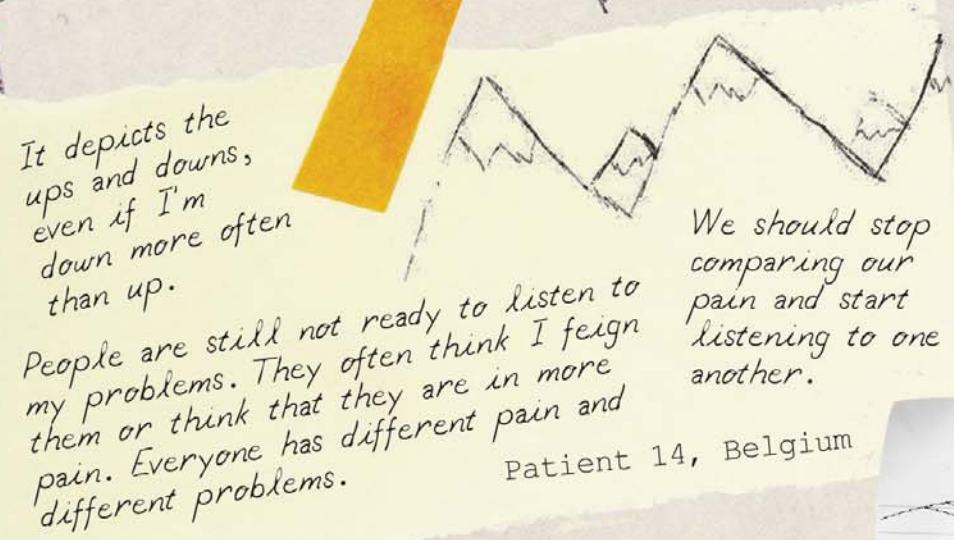


It depicts the ups and downs, even if I'm down more often than up.

People are still not ready to listen to my problems. They often think I feign pain. Everyone has different pain and different problems.

We should stop comparing our pain and start listening to one another.

Patient 14, Belgium



Pain is different every day and sometimes several times during a day it changes. It is unpredictable. I never know when I will have it or not. So I am unable to make plans for anything.

Patient 28, UK

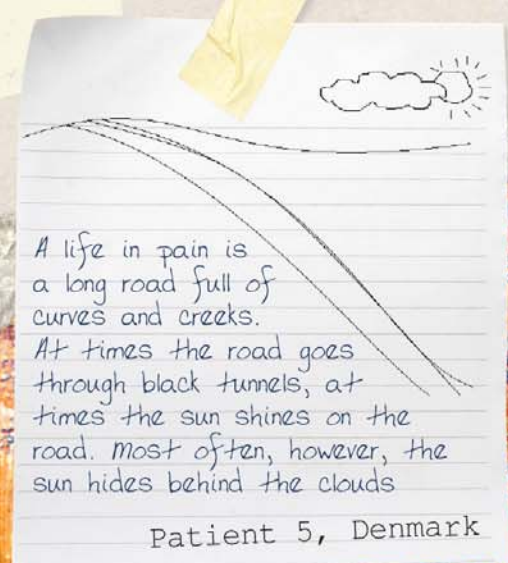
Schmerz

Patient 26, Germany



A life in pain is a long road full of curves and creeks. At times the road goes through black tunnels, at times the sun shines on the road. Most often, however, the sun hides behind the clouds.

Patient 5, Denmark



# PainSTORY: Pain Study Tracking Ongoing Responses for a Year

VISUAL SHEET

## What does the face of your pain look like?

Patient 21, France



For me, pain is a stranger with whom I have to live every day, in spite of my fears

Patient 14, Belgium



Patient 23, Spain



PAIN & SUFFER

Patient 27, Norway



Patient 30  
The Netherlands



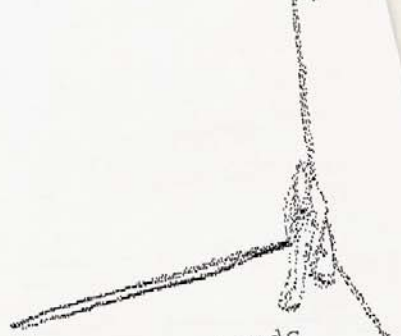
# How does pain make you feel?

I feel like the pain is too much for me to over-come. I feel older because I feel I can't move as freely  
 Patient 22, Ireland

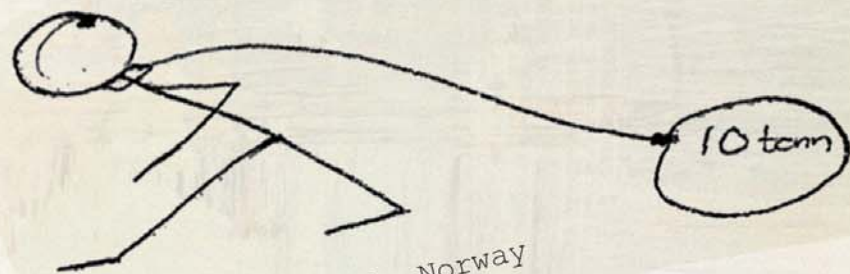
I would like to feel normal again  
 Patient 13, Ireland

SMALL  
SAD

CORNERED



Patient 8, The Netherlands



Patient 5, Norway

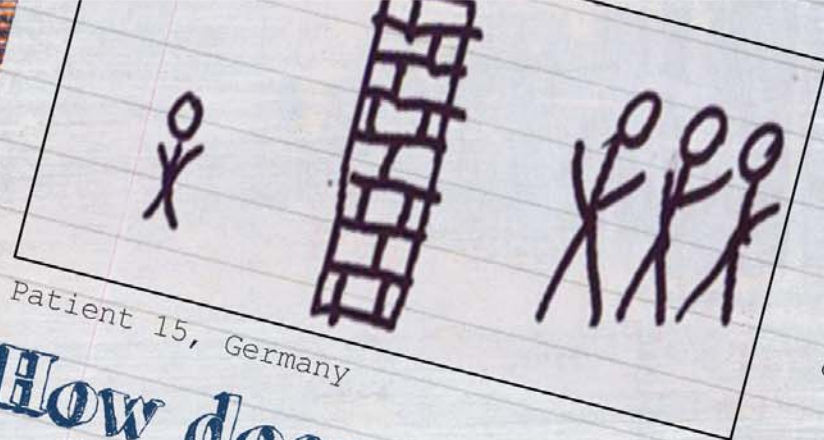
TIRED,  
DEPRESSED,  
NERVOUS,  
AGITATED

Patient 26, Italy

I have treatment, I get worse, I get better and then it gets worse... nothing is long term...no solution is provided, I just feel like I'm going round in circles with nothing being done  
 Patient 14, UK



Patient 18, Poland



Patient 15, Germany

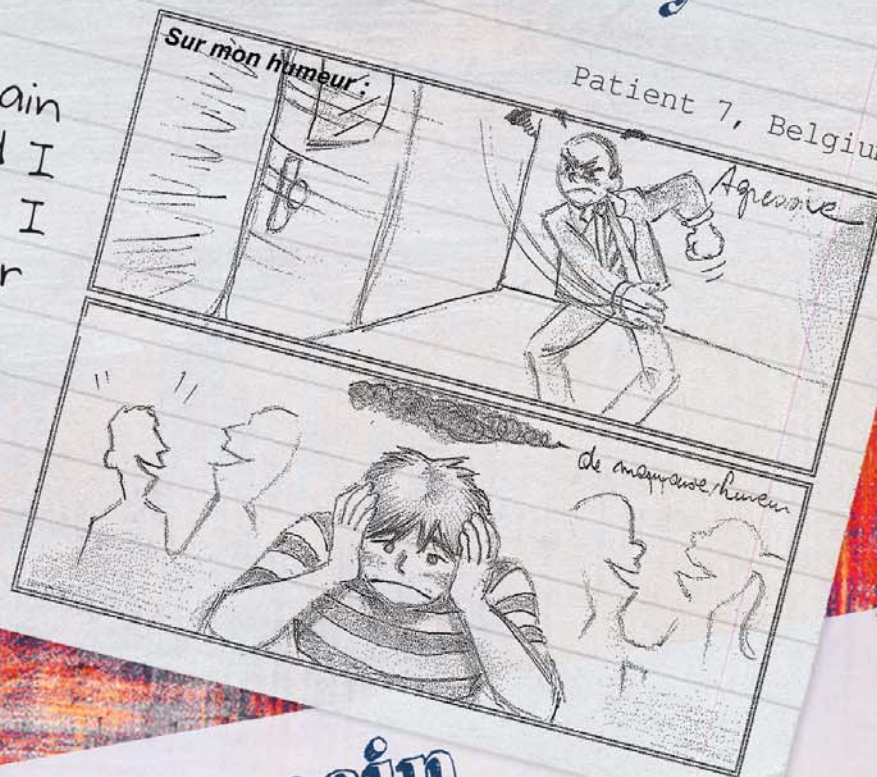
My pain prevented me from enjoying being with other people and to have contact with them

Patient 7, France

## How does pain affect your relationship with family and friends?

I couldn't interact. The pain trapped me and I couldn't socialise. I felt like a prisoner of the pain

Patient 1, Spain



Patient 7, Belgium

## A letter to pain

Dear pain...

Please go away. You make my life a misery. I didn't realise how much we take good health for granted until you came along. So please just vanish - you make me miserable.

All the best

Patient 2, UK

Dear pain...

Suddenly you came into my life. Everyday I am hoping that you will disappear just as suddenly again. You have turned my life upside down. My future looks totally different as well as the present. You make me feel tired, angry en sad. I try my best to accept you but it would be great if you just said goodbye on your own.

All the best

Patient 11, The Netherlands