

WORKING / NOT WORKING

working



For KIRK:

- Medications and healthy eating
- Kirk's pain is at a low (4 on scale of 1-10).
- A solid good night's sleep - pain has not controlled my ability to sleep.
- Having fun in my day- laughing with family, friends, co-workers & neighbors.
- Walking Klondike (my dog).
- Talking to Jennifer daily when we are apart & hearing from my children-we text each other.



not working

For KIRK:

- A "7-10" day of pain!! I am not in control of my pain - it is in control of me.
- Another test-new meds to try!
- The weather is too chilly (under 39) or too hot (over 90)- increasing my pain level- I don't enjoy working in my yard, running errands, or walking Klondike.
- Jennifer does not call to check up on my day or I call her and do not hear back from her or my kids.

Follow my docs instructions,
call when necessary.
Let my wife know when I need
her help- tell her when I am
having a bad day.
Always be grateful for life.

next steps...