
TSK

Client No.: _____

Age: _____

Sex: M() F()

Date: _____

Instructions

Please read each of the following statements and circle the number that better represents your feelings

Strongly disagree
Somewhat disagree
Somewhat agree
Strongly agree

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- | | | | | |
|---|---|---|---|---|
| 1. I'm afraid that I might injure myself if I exercise | 1 | 2 | 3 | 4 |
| 2. If I were to try to overcome it, my pain would increase | 1 | 2 | 3 | 4 |
| 3. My body is telling me I have something dangerously wrong | 1 | 2 | 3 | 4 |
| 4. People aren't taking my medical condition seriously enough | 1 | 2 | 3 | 4 |
| 5. My accident has put my body at risk for the rest of my life | 1 | 2 | 3 | 4 |
| 6. Pain always means I have injured my body | 1 | 2 | 3 | 4 |
| 7. Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening | 1 | 2 | 3 | 4 |
| 8. I wouldn't have this much pain if there weren't something potentially dangerous going on in my body | 1 | 2 | 3 | 4 |
| 9. Pain lets me know when to stop exercising so that I don't injure myself | 1 | 2 | 3 | 4 |
| 10. I can't do all the things normal people do because it's too easy for me to get injured | 1 | 2 | 3 | 4 |
| 11. No one should have to exercise when he/she is in pain | 1 | 2 | 3 | 4 |
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