



THE MASTER SYSTEM™ ASSESSMENT FORM**Assessment Questions**

How is your life affected by back pain? Place a check mark next to the statements that apply to you.

Body

I usually wake up feeling tired because of my back pain. Either I didn't sleep enough or I didn't sleep soundly.

I can't get up from a chair or negotiate stairs without using my arms.

I don't get regular exercise (at least three times a week for 30 mins minimum) because of my back pain.

I avoid social or recreational activities at because I have pain, or because I'm afraid my pain will stop me.

Mind

I'm not completely focused at work because I'm distracted by my back pain, or because of the effects of the medications I take for pain.

I can't concentrate on reading or having an in-depth conversation for longer than 15 mins. My mind is constantly wandering.

I don't take time to slow my mind, to breathe deeply or to meditate.

I find it difficult to focus on one thing at a time and forget what I was doing a lot of the time.

Spirit

I feel as though I no longer have a clear purpose in life.

Most of the time, I feel that I'm not functioning at my best – giving life my all.

I'm not making choices based on what I value the most. There are gaps between what I say is important to me and what I do.

I'm not making a contribution to others.

Emotion

I often get irritable and angry with my family for no particular reason.

I'm impatient at work (or with friends), and frequently snap at my co-workers for minor things that I used to handle easily.

I don't get any pleasure from doing the things that I used to enjoy.

I feel disconnected from my friends, family and co-workers and they don't understand what I'm going through.



THE NATURAL BACK

Assessment **A**

THE MASTER SYSTEM™ ASSESSMENT FORM

Your Score

0-3: You're functioning at a high level

4-6: Your back pain has somewhat compromised your life – The MASTER System™ can help.

7-10: Your back is significantly running the show – get the MASTER System™ before you're in a crisis.

11-16: You are in a crisis and in desperate need of an overhaul – start the MASTER System™ today.