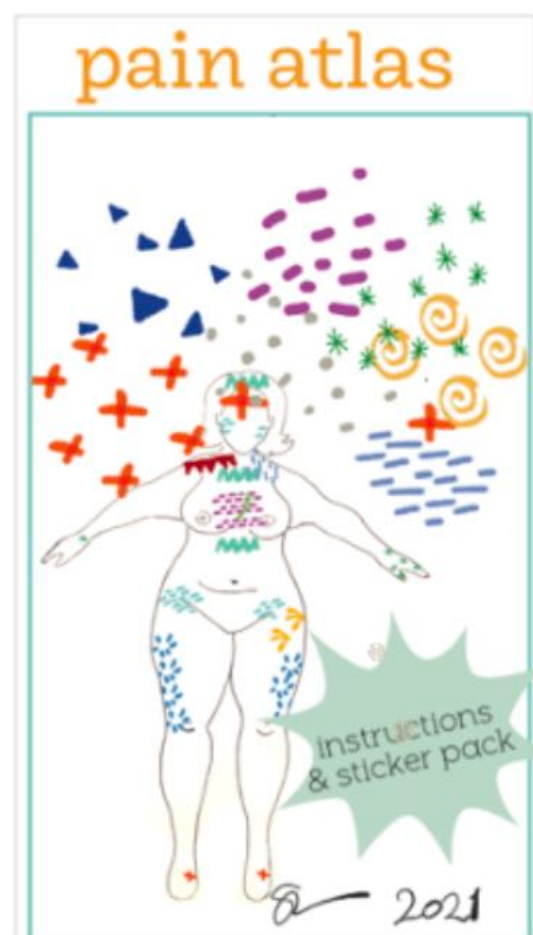


instructions for use

Use the enclosed sticker pack to pin the pain symbol on the figure on the inside of this zine. Refer to the chart of symbols to choose the appropriate sticker for the pain you are experiencing. If you use this to facilitate talking to your doctor please email me at steph.tichenor@gmail.com. Please send me a photo of your completed chart or tag me on IG @stephiblu ❤️





❄️❄️ tingling, numb

💧 crystal chills

🌀 radiating

🔪 penetrating, deep

🔥 piercing

🔥 burning, hot

🦷 gnawing

💧 throbbing

🔥 aching

🔥 torturing

••• aching, sore, dull

👉 cluster of pricks

👉 tight, squeezing

💧 miserable

⚡ lightning bolt, flashing, shooting

👉 cramping

👉 firing, exhausting, continuous

use stickers symbols and pin the pain on the figure

