

The Pain Scale

The Pain Scale is here to help you identify your level of pain - make a note on the scale where your pain level generally sits. You will have the opportunity to re-visit this scale at the end of the programme to see if there is any difference in your pain.

10	Worst Possible Pain unbearable devastating crushing excruciating
8-9	Very Severe Pain dreadful overwhelming horrible agonising
6-7	Severe Pain miserable gnawing fierce piercing
4-5	Moderate Pain aggravating grueling upsetting frustrating
1-3	Mild Pain bothersome annoying irritating nagging
0	No Pain

