Pain scale (0–10)

Pick the number that best matches how pain affects you, and use the same scale every time.

0	**No pain**	Nothing at all.
1	**Very mild**	Barely noticeable; you forget about it most of the time.
2	**Mild**	Noticeable but doesn't get in the way of anything.
3	**Uncomfortable**	Distracting at times, but you can do everything you planned.
4	**Moderate**	Hard to ignore for long; you can still work and do daily tasks.
5	**Distracting**	Always on your mind; you can do most things, with effort.
6	**Distressing**	Makes it hard to concentrate; you start cutting back on activities.
7	**Severe**	Stops you doing normal activities; hard to sleep.
8	**Very severe**	Hard to talk or think about anything else.
9	**Excruciating**	You can barely move or speak because of the pain.
10	**Worst imaginable**	The worst pain you can imagine.

Free from WellNest (wellnest.services). A self-rating aid, not a diagnosis. In an emergency in Australia call 000.