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|-----------|-----------------------|---|
| 10 | Unable to move | I am in bed, and cannot move. I need to be taken to the ER. |
| 9 | Severe | My pain is all that I can think about. I can barely talk or move because of the pain. |
| 8 | Intense | Hard to think of anything else. Talking and listening are difficult. |
| 7 | Unmanageable | I am in pain all the time. It keeps me from doing most activities. |
| 6 | Distressing | I think about my pain all the time. I give up many activities because of my pain. |
| 5 | Distracting | I think about my pain most of the time. I cannot do some activities each day. |
| 4 | Moderate | I am constantly aware of my pain, but can continue most daily activities. |
| 3 | Uncomfortable | My pain bothers me, but I can ignore it most of the time. |
| 2 | Mild | I have a low level of pain. I am aware of it only when paying attention to it. |
| 1 | Minimal | My pain is hardly noticeable. |
| 0 | No pain | I have no pain. |

Most pain scales used by medical professionals are wildly subjective – a “7” for one patient might be another patient’s “3”. This pain scale, created by chronic pain patient Bonnie Eisenman, fosters a better common understanding about the amount of distress and disability associated with each pain level.

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