

Pain Scale Chart

Visual pain scale reference (0–10 Numeric Rating Scale) for consistent self-assessment.

Numeric Rating Scale (NRS) 0–10

Use this chart to rate your pain consistently. Circle the number that best matches your current experience.

0	No Pain No pain sensation at all
1	Minimal Barely noticeable, easily ignored
2	Mild Minor pain, noticeable but not distracting
3	Uncomfortable Noticeable and distracting, but adaptable
4	Moderate Can be ignored with effort, affects some activities
5	Moderately Severe Cannot be ignored for long, limits activities
6	Severe Dominates thinking, significantly limits function
7	Very Severe Hard to function, difficulty concentrating
8	Intense Physical activity very limited, difficulty speaking
9	Excruciating Unable to function, crying out or moaning
10	Worst Possible Worst pain imaginable, completely incapacitating

Tips for Accurate Rating

- Rate your pain right now, not your worst or your average.
- Compare to your own experience, not to others.
- Use the descriptions above—don't just pick a number.
- It's normal for ratings to change through the day.
- Good days count too. Record them for accurate patterns.