

What level of pain are you in?

Sometimes when we ask you about your pain- it can be tricky to find the right words or give it a number - so we have got some help for you from some characters you might know.

Don't forget to chat to your nurse as well- that bits really important as we want to understand what matters to you and how we can help.

(1) I feel ok- only a little bit uncomfortable.



(2). I can kind of grin and bear it!



(3). I am feeling a bit sad and just want to sit down.





(4) Ok so now I've been better and am getting cross with the pain.

(5) Something is very wrong now- please help me.



(6). That's it- I'm not even human now.

