

The Discomfort Scale

Step 1: Describe (in your words) what each level of the "Discomfort Scale" feels like to you.

The scale ranges from 0 to 10 -- With 0 being the easiest and 10 being the hardest.

Level	Your description of each level of discomfort.
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	

Step 2: Describe the level of discomfort you feel when doing ____ .