

Please rate your Total Comfort from 0 to 10, using the scale below.

Place X in best box below		The amount of Total Comfort you are experiencing <u>right now</u> :
	10	Highest comfort possible
	9	Very high comfort
	8	Between fairly high and high comfort
	7	Fairly high comfort
	6	Between moderate and fairly high comfort
	5	Moderate comfort
	4	Between some and moderate comfort
	3	Some comfort
	2	Between a little bit and some comfort
	1	A little bit of comfort
	0	No comfort at all

Note: Total Comfort includes physical, psychological, spiritual and social aspects of comfort, all combined into one score.

Also, for clinical practice, if you want a verbal rating scale that is congruent with a pain scale, use the word discomfort: "Please rate your total discomforts from 0 to 10."