

# THE KIP SCALE

*devised by the late Bob Kipple, a long term CH sufferer to try and compare pain levels - thanks for allowing us to have it here Bob!*

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Pain level 0

No pain, life is beautiful...

Pain level 1

Very minor, shadows come and go. Life is still beautiful...

Pain level 2

More persistent shadows...

Pain level 3

Shadows are getting constant but can deal with it...

Pain level 4

Starting to get bad, want to be left alone...

Pain level 5

Still not a "pacer" but need space...

Pain level 6

Wake up grumbling, curse a bit, but can get back to sleep with out "dancing"...

Pain level 7

Wake up, sleep not an option, take the beast for a walk and finally fall into bed exhausted...

Pain level 8

Time to scream, yell, curse, head bang, rock, whatever works...

Pain level 9

The "Why me?" syndrome starts to set in...

Pain level 10

Major pain, screaming, head banging, ER trip. Depressed. Suicidal.

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