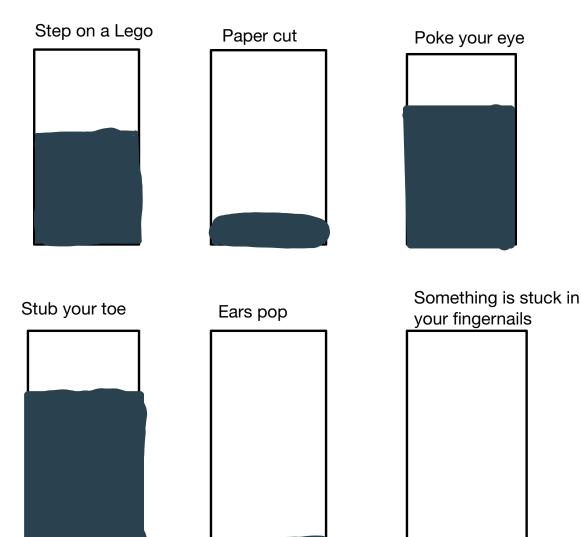
Mark the level of your pain when you... (Feel free to add more!)



You burn your tongue You peel off the skin on something by your fingernail

