

What is Pain?

Pain is defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. It is an output from the brain designed to stop the potential threat of tissue damage and ensure survival.

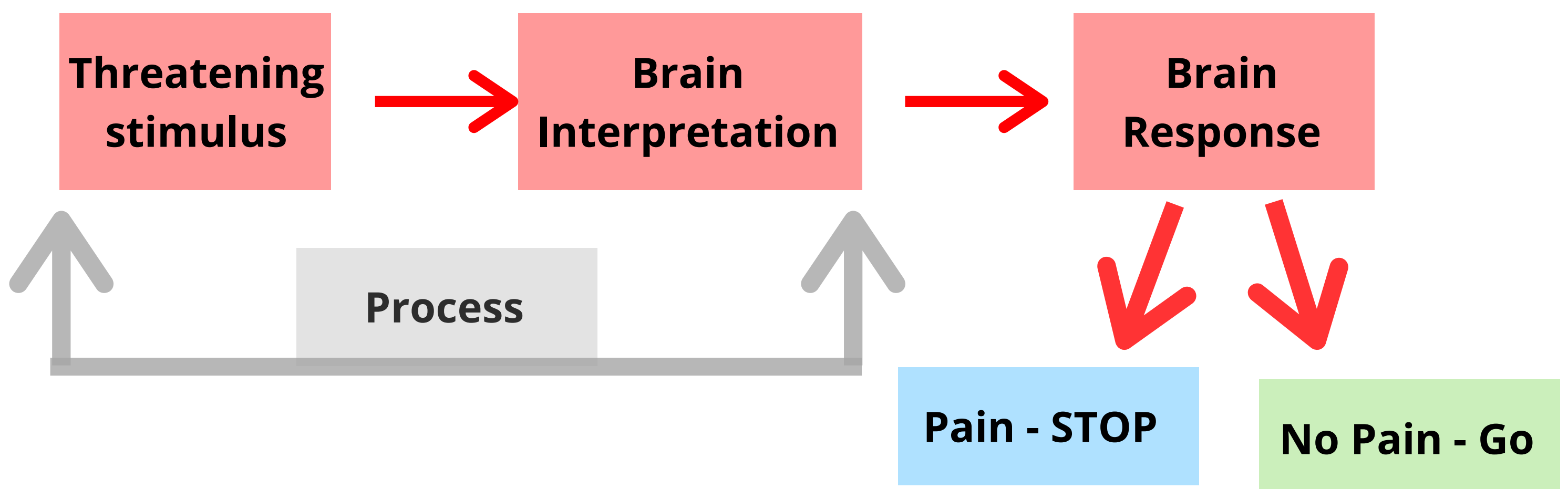
Some examples where pain has not occurred and there has been tissue damage.

- Random bruises
- Soldiers in war zones having limbs blown off and feeling pain hours after, not immediately
- A cut after the scab has formed (there is no pain, but tissue damage still present)

Some examples where pain has occurred and there has been no/minimal tissue damage.

- Putting a hand too close to a flame
- Small paper cuts (hurt like hell!)
- Phantom Limb pain (there's no limb for there to be tissue damage!)
- Stepping on a Lego piece in the dark
- Sunburn in the shower (the shower isn't making the burn worse, but is painful)

The Simplified Process



By addressing the process above, we can alter the output. This can allow us to experience pain, in which our body is warning us of a POTENTIAL threat. Or we can not experience pain, as there is no threat to our survival, and carry on.