



## **A VOCABULARY TO DESCRIBE YOUR PAIN or other SENSATIONS/ SYMPTOMS:** ●

'Chronic or persistent Pain is NOT a diagnosis'. It only means that you have experienced pain 'longer than is usual or normal (for that condition).

Becoming more aware about HOW and WHAT you are feeling and whether or not you can CHANGE (modify, adjust) that ● will assist you to be more in control of your problem and may also make it easier to work with your health provider.

PAIN: The current definition established in 2020 by the International Association for the Study of Pain ([www.iasp-pain.org](http://www.iasp-pain.org)) in 2020

“An unpleasant sensory and emotional experience associated with, or resembling that or associated with, actual or potential tissue damage,”.

Six notes , or descriptors are added to that definition:

- Pain is always a personal experience that is influenced to varying degrees by biological, psychological, and social factors.
- Pain and nociception are different phenomena. Nociception is the sensory process that allows the body to detect and respond to harmful stimuli such as heat, chemical, or mechanical energy) whereas Pain is a subjective individual feeling.
- Individuals learn the concept of pain, through their own experiences and that should be respected.
- Although pain usually serves an adaptive (useful) role, it may have adverse effects on function and social and psychological well-being.
- Verbal description is only one of several behaviors to express pain; inability to communicate does not negate the possibility that a human or a nonhuman animal experiences pain.

So that ● experience is ONLY yours.

Your body may or may not have been injured or have a disease- but it 'feels' as if your body has been damaged in some way. And the pain may have an 'emotional 'effect on you'

Separate those feelings by describing WHAT and HOW you are experiencing and becoming aware of whether there are other ● sensations that you do not know how to describe.



### **Physical Words:**

- throbbing, shooting, burning
- sharp, cramping, aching
- cramping

### **Emotional Words**

- depressed, worried, anxious
- stressed , overwhelmed

### **AND ” Are there other words to describe how you are feeling”?**

- dizzy
- nauseous
- clumsy
- off balance
- blurred vision
- spinny, light-headed
- thinking problems

**In order for us to better understand the ● Try not to use these words when talking to yourself or to someone else:**

- should
- supposed to
- ought to
- it's only
- it's just
- but
- used to