

Non-Medical Chronic Pain Experiences - Draft

by Nancy Tietje

I brainstormed these items, so they are in no particular order. Some are related to each other, which I try to indicate. This list is by no means exhaustive. Thank you!

1. Isolation by choice and/or being excluded socially by others.
2. Loss of confidence.
3. Feeling unheard.
4. "Give and take" is missing.
5. Listening to other's difficult medical stories to be polite. Afraid to be identified as rude if you don't.
6. Being a "caregiver/expert" to help others instead of receiving care.
7. Seeing all the ways "the world" or your own world is not set up to support you or lessen your pain.
8. Feeling horribly guilty for having all these negative thoughts.
9. Not being able to afford care/physical devices/other supports to help move to coping with pain and/or decreasing pain from living with pain.
10. Loss of dignity:
 - A. Not being able to provide your own personal care.
 - B. Loss of independence.
 - C. Loss of decision making.
 - D. Loss of mobility.
 - E. Loss of control.
11. Reluctance to seek counseling.
12. Difficulty in finding a counselor who is well educated in pain and medical issues.
13. Using unhealthy and/or self-destructive coping strategies.
14. Loss of routine endeavors, like cooking, hobbies, etc.