

## Meaning of Pain

Now I am going to talk about the different ways that people view their pain. As you probably know, the same experience can mean different things to different people. For example, imagine that you had won lotto. To some people, this may be seen as a RELIEF – they no longer have to work any more or worry about money problems. Someone else may see it as a CHALLENGE to live a good life, to use the money wisely, to help others. Another person may think of it as a LOSS – that people will now treat them differently, they won't know who their true friends are and so on. It is even possible that it means all of these things or none of these things to others. There are many different ways that people can react to the same event. It is the same with pain and disease. Pain and disease can have different meanings to each of us and it can also have more than one meaning.

So I am now going to ask you what meanings best describe the way you view your pain. You may not have thought about this before (or tried not to think about it) so it is OK if you can't answer.

*Prompts (varying depending on response and aimed at eliciting meaning)*

- *What was going through your mind when you felt the pain?*
- *What images or memories do you have when you feel the pain?*
- *What does this mean about your life, your future?*
- *What does this mean about how other people see/feel/think about you? Etc...*