



Well-being

Suffering

Pre-Assessment

True or False Questions

1. There is no such thing as meaningful pain.
True False
2. Where there is pain there is always suffering.
True False
3. There is no relief for suffering – it is inevitable.
True False

Answers:

1. There is no such thing as meaningful pain. **Answer: False**
2. Where there is pain there is always suffering. **Answer: False**
3. There is no relief for suffering – it is inevitable. **Answer: False**

As is evident when one experiences the pain of a hot implement, the pain results in a retraction of the body part from the heat source. This type of pain is considered meaningful pain as it results in attention to a problem presenting further harm. Pain in this instance occurs without suffering. The pain attending the birth process may or may not entail suffering. For an eagerly awaited infant, childbirth may result in pain but not suffering. For an adolescent youngster whose infant will be put up for adoption, there may be both pain and suffering. These examples demonstrate when suffering does occur, the healthcare provider needs to work with the patient to identify the cause. Often that acknowledgement will cause relief but is only the first step in treating suffering.