







CLARIFYING COMMON THOUGHTS ON PAIN BEHAVIOUR AND COMMUNICATION

Common thoughts on pain communication	Is this true or false?	Explanation
<i>All pain behaviours are bad.</i>	FALSE 	<ul style="list-style-type: none">▪ Some of them are useful. It's a way to let people know that we are not feeling well. Once they know that we are in pain, they can treat us in ways that can help us get better.▪ Pain behaviours are especially useful when we are in <u>ACUTE</u> (short-lived) pain, because it can help us recover.

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Common thoughts on pain communication	Is this true or false?	Explanation
<p><i>The most common and important way of communicating with each other is with spoken words.</i></p>	<p>FALSE</p> 	<ul style="list-style-type: none"> ▪ A lot of important communication is done without words; we use gestures, tone, facial expressions, ideas and rules of time and space to express ourselves. ▪ In general, the most important communication "rules" are unspoken. Maybe that's why we feel so betrayed when those rules are "broken." Remember how you felt the last time someone cut in front of you in a line? This doesn't just break a social rule, but part of our language of space and how to order it. ▪ Some studies show that when people from different cultures make each other uncomfortable, the problem it is not the language barrier, but it's the "languages" of time, space, order, and other non-verbal communication messages.
<p><i>Non-verbal communication means using gestures instead of words.</i></p>	<p>FALSE</p> 	<ul style="list-style-type: none"> ▪ Using gestures is only one of the many ways to communicate non-verbally. Smells (perfumes), body movements, position (crossed arms) and posture, eye contact, vocal aspects (intonation, pitch), objects (clothes, home, car, etc), touch, use of time and space (how close we stand to the listener) all communicate something.
<p><i>Poor communication can lead to health problems.</i></p>	<p>TRUE</p> 	<ul style="list-style-type: none"> ▪ When people don't communicate well, there can be misunderstandings which then lead to frustration, anger and hurt feelings. All of these can increase blood pressure, which isn't good for the heart.