

The Moody Friend Analogy What Caused My Pain?

I hear this question a lot and often times the person asking it has been informed that nothing is “wrong”. How can that be? Something is causing the pain. The reason may be that your body became moody and lashed out. Read on...

Everyone has been around a person when they are moody. First, they are irritable, sometimes for a particular reason (a bad day at work, tired, sick, etc.) and other times it seems for no reason at all. Second, they lash out. Sometimes a person doing nothing wrong in particular just “rubs them the wrong way” and gets their head bitten off. The moody person has gone from irritable to irritated. Other times, they lash out without even being provoked and are looking for someone to accost. When people are in an irritated mood they get both defensive and offensive.

Pain is a lot like a moody friend. Let’s look at the similarities.

Pain happens when the body lashes out. It causes us to get defensive, protecting ourselves, and offensive, getting away from whatever stimulus brought on the pain and to make the pain stop. It is both protective and motivating at the same time. That is pain’s purpose.

Just like a moody person the body gets irritable. Sometimes you can identify reasons that it would be irritable (fatigue, prolonged time in an uncomfortable position, doing an activity that you are not accustomed to, tissue trauma, etc.), other times you cannot.

Also, the body lashes out. Just as with the moody person, once the body is irritable sufficient stimulation will cause it to lash out even if nothing out of the ordinary has happened. For example, low back pain is often caused by something as simple as bending over to pick up a piece of paper. There is nothing overly straining about this normal movement. The irritable body was sufficiently stimulated such that it lashed out against the back. The movement is not the problem and nothing in particular is “wrong” with the back. It just gets the blame by the body because it “rubbed” the sensitive nervous system the wrong way. Since the back was the area of stimulation it gets blamed and is lashed out against.

So, there is your answer to what caused your pain.

The next question people usually have is:
“Yeah, OK. But, what hurts?”

I’ll address this question in the next story of the origin of pain: nerves and ligaments and joints...oh, my!