Perception of Pain

 [Name of the Writer]

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***Reflection***

 According to Robert Feldman, pain has worth in people's life, regardless of the compulsion to avoid pain at any cost. According to him, pain has some purpose in building the strength and power in the person emotionally and physically[[1]](#footnote-1). Irrespective of the fact that pain is a very undesirable sensation, people would try to eliminate this perception by taking pain killers or opioids, anesthesia and analgesia. Pain is felt differently by everyone; for instance, some people have higher incitement of sensation; therefore they think pain either in lower frequency or later than the people whose stimulus threshold is low. Weber's law states that this is the difference threshold between two stimuli which signifies that the value of k remains constant[[2]](#footnote-2). When a person is constantly exposed to pain, it induces sensory adaptation, and the pain remains no more significant to the person himself.

 The ways in which we perceive pain, determine the way we deal with the pain. There are many methods through which pain is treated or countered, i.e., pain medication, surgery, stimulation of nerve and brain, hypnosis, light therapy, relaxation techniques, cognitive restructuring and biofeedback techniques. Out of these methods, the most effective according to my view is cognitive restructuring. The sensation and perception are all in mind, if the thinking process related to pain is managed it will help in treating pain, event he chronic one[[3]](#footnote-3).

# End Notes

1. Feldman, Robert Stephen, and Mark Garrison. *Understanding psychology*. Vol. 10. New York, NY: McGraw-Hill, 1993.
2. Rey, Amandine E., George A. Michael, Corina Dondas, Marvin Thar, Luis Garcia-Larrea, and Stéphanie Mazza. "Pain dilates time perception." *Scientific reports* 7, no. 1 (2017): 15682.
3. Wiech, Katja. "Deconstructing the sensation of pain: the influence of cognitive processes on pain perception." *Science*354, no. 6312 (2016): 584-587.
1. Feldman, Robert Stephen, and Mark Garrison. *Understanding psychology*. Vol. 10. New York, NY: McGraw-Hill, 1993. [↑](#footnote-ref-1)
2. Rey, Amandine E., George A. Michael, Corina Dundas, Marvin Thar, Luis Garcia-Larrea, and Stéphanie Mazza. "Pain dilates time perception." *Scientific Reports* 7, no. 1 (2017): 15682. [↑](#footnote-ref-2)
3. Wiech, Katja. "Deconstructing the sensation of pain: the influence of cognitive processes on pain perception." *Science*354, no. 6312 (2016): 584-587. [↑](#footnote-ref-3)