

## PAIN

In writing describe an event in which you have experienced PHYSICAL pain. (Ex. Broken leg while skiing) describe the pain- (sharp, stabbing, pulsating, hot, dull etc. use those adjectives!) (100 words)

Ex: I was skiing down a black diamond run at Big White called Goats Kick which is very bumpy, lots of moguls, and about half way down I wiped out and I heard a loud crack the next thing I remember is I was laying on my back face up in the snow and my leg was above me and I was screaming in pain my lower leg felt like it was burning and the pain was radiating up my leg towards my knee, I felt dizzy and disoriented, my friend came over to help me and some other skiers went and called the ski patrol. After what seemed like an eternity the ski patrol arrived put me in a sled thing, every time they moved my leg it hurt like hell, but once I was in the sled I felt a bit of relief as I knew I was going to get off the mountain and get help.

Read the section on Pain in the text Pages 226-229

Make a minimum of ten notes from the reading and write them below your above story about a painful experience.

Ex:

-Pain is the body's way of telling you that something is wrong. (Pg.226)

-Pain is a property of not only our senses but of our brain and expectations. (Pg.226)

Watch the following two video clips:

Pleasure and pain The origins of pleasure (Bloom)

[http://www.ted.com/talks/paul\\_bloom\\_the\\_origins\\_of\\_pleasure.html](http://www.ted.com/talks/paul_bloom_the_origins_of_pleasure.html)

The Mystery of Chronic Pain

[https://www.ted.com/talks/elliott\\_krane\\_the\\_mystery\\_of\\_chronic\\_pain](https://www.ted.com/talks/elliott_krane_the_mystery_of_chronic_pain)

Keep N Me - Pain

Making reference to the above text readings and to either of the above videos in writing answer the following questions?

Up to the point where Garnet went to jail what type(s) of pain might Garnett have experienced? How may that pain have influenced or impacted his life? (100 words)

