

How long lasting pain feels

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How long-lasting pain feels

Chronic pain can be a real challenge with notorious implications to the sufferer

It is not a nice feeling though living with a constant nuisance pain

Fully aware of it all day long and while trying to sleep at night

Calling on all your senses to be up and crying out in despair

Self crippled and consumed by it

Intrepidity pain

It is basically a total pain in the neck, base of head and shoulder girdle, all tensed up and in constant pain and agony

Some days the pain is so much that it's difficult to move around and all I want to do, chop that part off, to lie down and do nothing

Stiffing and knotting all over, is all I can feel

Feeling as handicapped in my own body

Living around avoiding the pain

Cannot keep focus in any other thing

Pain can be distressing and disturbing, when it is continuous and affecting the daily life chores

It can be sharp, excruciating, shooting, stabbing and disabling in many instances

It is a total discomfort sentiment to a living human being

It is purely subjective phenomenal to the sufferer with various magnitudes

No one can explain and feel it but the sufferer

My journey has not been smooth for the last 2 decades

Chronic pain is a difficult task to deal with and alleviate

The pain itself brings uncertainty

Cannot predict its worst moment which makes future uncertain too

Because no one can feel and understand only the sufferer

No one can feel your pain until they experience it

It is hard to explain in many instances

They instruct and not converse

Struggling to cope and live
 Confined in my own pain
 Cannot work around it
 Cannot keep my neck bent at all
 Can't bear it up as well
 Being passed from one doctor to another, to try make sense of what is really going on
 No one seems to know
 Just sending back and forth between different specialties
 Everyone wants to inject blindly and see how it goes
 Living with daily pain is challenging and full of uncertainty
 Pain needs to be understood and explored thoroughly
 To reach to its deepest root
 I cannot surrender to pain
 I cannot keep sleeping and thinking of it all day long
 I try to accept and deal with the chronic pain
 I keep moving, instead of howling and try to carry on despite feeling it continuously
 It is complicated as its all neurons implicated on one way or another
 All entangled and intertwined tightly
 Patients cannot be just sent away with sedative and addictive pills of non-sense medications to make them further
 sick
 A proper engagement with showing respect and empathy could help in one way or another psychologically
 To validate the pain experience and yet it is still on
 No one wants to live with constant pain
 No one really wants
 You cannot tell patients to live with the pain
 Cope with the pain
 Many patients keep the blame to the self
 Chronic pain is depressing feeling
 It can take different shapes and colours
 It can be very dark, a very dark zone
 It can create isolation, despair and avoidance
 It can upset the mood and make the feeling a complete misery
 Medicine continues to be a vacation rather than a series of tasks
 The constant pain can put me off from life
 Despite all this, I try to keep motivated and inspired
 And yet I still try to keep on moving with my all wakes of life and its takes