
Reflection, Analysis, & Categorization Exercise

Frequently, people in health occupations encounter people with pain. This pain can be acute or chronic, mild or severe, brief or continuous, physical or psychological. Reflect on the following phrase for a few minutes.

“Pain is inevitable, but misery is optional.”

Directions:

1. Reflect on and analyze the above statement from the following perspectives.
 - What do you think this phrase means?
 - Ask your family members and friends what they think this phrase means.
 - Then, branch out and ask at least 15 people or more, representing different ages, genders, occupations (including clergy), ethnic backgrounds, educational backgrounds, social status, state of wellness, etc.
2. Categorize the groups and analyze the *similarities and differences* among the meanings. Identify the *commonalities* among the groups.
3. Represent your findings graphically, in a chart, diagram, concept map, or drawing to discuss in class.

Source: Adapted from: Smith-Stoner, M. *Critical Thinking Activities for Nursing*. Lippincott. 1999