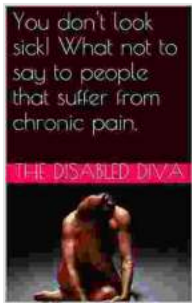


You Don't Look Sick: What Not to Say to People That Suffer From Chronic Pain

Chronic pain is a serious condition that can affect people of all ages. It can be caused by a variety of factors, including injury, illness, or genetics. People with chronic pain often experience significant pain and discomfort on a daily basis. This can make it difficult to work, go to school, or participate in other activities. In addition to the physical pain, chronic pain can also lead to emotional distress, anxiety, and depression.



You don't look sick! What not to say to people that suffer from chronic pain. by The Disabled Diva

★★★★☆ 4.7 out of 5

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People with chronic pain often feel isolated and misunderstood. They may feel like no one understands what they are going through. This can make it difficult to cope with the pain and to maintain a positive outlook.

If you know someone who is suffering from chronic pain, there are a few things you can do to help. First, try to understand what they are going

through. Listen to them when they talk about their pain and try to be supportive. Avoid saying things like, "I know how you feel" or "You don't look sick." These statements can be dismissive and minimizing.

Instead, try to say things like, "I'm here for you" or "I believe you." You can also offer to help them with practical tasks, such as running errands or cooking meals. Just being there for them can make a big difference.

Here are some other things you should avoid saying to people with chronic pain:

- "You don't look sick."
- "I know how you feel."
- "You should just try to relax."
- "It's all in your head."
- "You just need to be more positive."

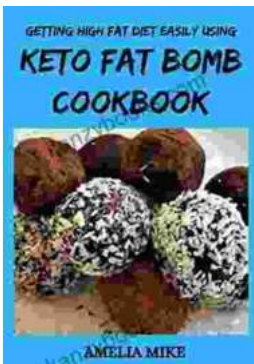
These statements can be hurtful and unhelpful. Instead, try to be supportive and understanding. Let them know that you are there for them and that you believe them.

Chronic pain is a serious condition that can have a significant impact on a person's life. If you know someone who is suffering from chronic pain, please be supportive and understanding. There are a few things you can do to help them cope with the pain and maintain a positive outlook.

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