

20 Things to Never Say to a Person Living with

CHRONIC PAIN

- 1) You're Just being Lazy
- 2) Have you tried this (insert any type of medication)
- 3) Have you tried this (insert any organic method)
- 4) You need to change your diet and try this one.
- 5) My (friend, relative) etc has the same thing and you know what worked for them?
- 6) It's all in your head.
- 7) Did you pray about it? Maybe you should talk to your pastor.
- 8) Maybe you should get up and go exercise .
- 9) If you focused on something else you would feel better.
- 10) Suck it up, everyone has pain.
- 11) You sure do complain a lot.
- 12) You are always in pain!!!
- 13) Have you seen a doctor?
- 14) Have you taken anything?
- 15) You must love the attention you get from being sick all the time.
- 16) You can't being feeling bad again!!!
- 17) You ruin every special occasion because your sick
- 18) You couldn't possibly be in "that" much pain.
- 19) Why can't "they" just fix you?
- 20) You don't "look" handicapped/in pain!

