

# AI-00877 Absence of Pain

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**When a person is suffering from physical pain, sickness, not feeling well, survival is the primary thought.**

It's a common assumption, and in extreme cases it can be true. Our bodies are wired to prioritize survival, and intense pain can be a strong signal that something is wrong.

However, it's not always this clear-cut. Here are some reasons why survival might not be the only thought:

- **Severity of illness:** With mild discomfort, thoughts might be more about getting better enough to resume normal activities rather than pure survival.
- **Individual differences:** People have varying pain tolerance and coping mechanisms. Some may become laser-focused on survival in pain, while others might prioritize emotional well-being or finding relief.
- **Chronic conditions:** Those with chronic illnesses often learn to manage their pain and may have other concerns besides immediate survival, like managing daily life.

While survival is a primal instinct, when someone isn't feeling well, their thoughts can be a complex mix of physical sensations, emotions, and the specific situation.

**When looking at basic human needs, where in the hierarchy of needs does pain or the absence of pain ranks?**

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Pain falls directly into the **physiological needs** category in Maslow's Hierarchy of Needs.

Physiological needs are the most fundamental needs for human survival. They include things like:

- Air
- Water
- Food
- Shelter
- Sleep
- Clothing
- Temperature regulation

Pain serves as a warning system for the body, alerting us to potential threats to our well-being and ultimately, our survival. It motivates us to take action to avoid injury, illness, or anything that could disrupt our basic physiological needs.

Therefore, managing pain becomes a core need within the physiological level. Without proper pain management, it can be difficult to fulfill other basic needs like sleep or getting enough food