

# The Pain Management Workbook

PT Brinkman

**honestly** | **Weblio** honestly - Weblio **painful** | **Weblio** painful painful pain 痛 / péimf (ə)l / (more painful; most painful) 1 a 痛. **suffer** | **Weblio** suffer 痛 1 痛 痛 痛 (feel pain or be in pain) 2 痛 痛 痛 (undergo (as of injuries and illnesses)) She suffered a fracture in the accident 痛 痛 痛 **unbearable** | **Weblio** unbearable physical pain 痛 痛 痛 - WordNet *pain, pain, go away!* | **Weblio** pain, pain, go away! - Weblio **soothe** | **Weblio** 1 (cause to feel better) the medicine soothes the pain of the inflammation 2 痛 痛 (give moral or emotional strength to) soothe **subside** | **Weblio** 1 痛 痛 (wear off or die down) The pain subsided 2 痛 痛 痛 (descend into or as if into some soft substance or place) She subsided into the chair 痛 痛 痛 *pain* | **Weblio** 痛 痛 痛: pain 痛 痛 痛 痛 痛 痛 痛 **inflict** | **Weblio** to inflict a crushing blow so as to cause great physical pain 痛 痛 痛 - EDR *lessen* | **Weblio** 痛 痛 to lighten the load — ease one of one's load — 痛 痛 — relieve one of one's burden — 痛 痛 — lighten a ship of her cargo — 痛 痛 — lighten the taxes — reduce the tax — 痛 痛 — mitigate punishment — 痛 痛 — alleviate pain

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