

Wisdom Projects, Inc.

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Six Forms of Presumed Pain: A Conflict Transformational Thought Exercise

Note: This document runs two pages.

In an adverse situation, it is crucial to analytically differentiate between forms of presumed pain. Doing so helps parties involved in such situations understand the nature of the perceived pain, suffering, experience, error, or offense and select the best route to transform, manage, or resolve the conflict, work for accountability, and make amends.

For example, not all hurt is harm. Likewise, not all hurt or harm is bias.

When assessing and analyzing forms of pain and/or suffering, we focus on impact, not intention because, on the one hand, impact involves actual, concrete evidence of actions while, on the other hand, intentions often involve variable, hard-to-know, and hard-to-define aims.

The Forms

Abuse	Highly targeted negative actions that willfully disempower and/or manipulate others emotionally and/or physically.
Bias	Negative actions that adversely impact others based on their individual and/or collective identities and/or expression.
Conflict	Interpersonal and/or intercultural differences that may or may not arise from pain, suffering, error and/or offense. Some conflicts merely indicate differences between people and necessitate a need to “agree to disagree.”
Harm	Negative action to one self or others that takes away the capacity to care for one self and/or others.
Hurt	An immediate emotional reaction to a perceived negative action.
Violence	Aggressive, toxic emotional, verbal, and/or physical attacks that disempower through a combination of hurt, harm, bias and/or abuse.

Other Key Terms

Accountability	Actively taking responsibility for one’s behavior and/or offense without equivocation, excuses, and defensiveness and making amends.
Empathy	The operationalization of care and compassion by seeing oneself within another and actively listening to, identifying, and sharing another’s feelings.
Pain	Physical, mental, and/or emotional suffering and/or discomfort.
Power	The outsize capacity to control and/or influence.
Suffering	Synonymous with “pain.”
Trigger	An emotional or psychological stimulus of different forms of pain and/or suffering.