

Masking: pain masking type



What is it?

The term “pain-masking behavior” was first used to describe prey animals’ instinct to hide signs of injury and pain in order to avoid being targeted by predators. Although no formal studies have been carried out, many PDA kids, and adults, seem to instinctively hide their pain and vulnerability too

What causes it?

PDA comes with being highly prone to having our adrenal glands triggered so we go into fight, flight, freeze or a more complex defense strategy, such as using pain masking to hide our vulnerability from would be attackers

Pain masking and internalized PDA

As the nature of pain-masking behavior is to instinctively contain pain and distress within a calm facade, that it appears to be the driver behind internalized PDA, situational mutism and spare-play (pretending to play with other kids)

Pain masking examples

An example is a child having a painful accident, but remaining perfectly still, and showing no hint of distress in their facial expression

