

Anticipatory Pain

I twisted my left ankle stepping off a stairway. Now when I walk, my foot excruciates; it's been this way all day, getting to the point that when I'm sitting or reclining in relative comfort, I still **think about the pain** I'll feel when I have to get up, and then I'm a little less comfortable.



In this way, I wonder how similar physical pain is to emotional or psychological pain?