English Inquiry Project

Can a person who has gone through great amounts of conflict, successfully hide their pain? To simply put the answer, yes, they can. A person can hide their pain from friends, family, and society. It can get difficult at times, but mostly it’s easy to hide pain. It becomes more of a routine. “Are you okay?” “Yea, I’m fine.” It’s quite easy to get people to drop the subject. Just keep saying your fine and okay. Put a fake smile on, act happy, pretend there’s nothing wrong, and finally pretend you feel no pain. It becomes part of your life, showing the world that nothing is wrong, even if you’re suffering on the inside.

In Lullabies for Little Criminals, Baby hid being in emotional and mental pain from everyone. She was never happy unless she was with Xavier, but that soon ends when Alphonse finds Xavier in Alphonse’ house. Baby was in a constant state of being in emotional pain, but she never told anyone. Part of the reason may have been because she had no one around her to tell; but nonetheless, Baby hid her pain from the world around her. I know this type of feeling as a firsthand experience.

Throughout my life I have learned to cope with pain by pretending nothing has happened. I started having to cope like this at a young age, around the age of 7. As I got older another way, I started to cope was make it a joke and laugh off the pain. People started to then figure out that something was wrong with me, but I never really talked about it seriously. I would shrug it off and say, “I’m fine” or “Nothing’s wrong”. The only way I really worked out feeling hurt and being in pain was listening to music and certain songs. The songs that I listened to are Welcome to My Life, Perfect, I’m Fine, You’re Gonna Go Far Kid, I’m a Mess, Little Do You Know. The whole song doesn’t have to fully reflect my experience, but there are certain lyrics that stuck out to me and helped me through the pain.

The song Welcome to My Life, gives listeners a window into what life is like being in total pain. It shows how people who go through rough times for a long part of their life feel hopeless and alone. Some lyrics in the song to show this are:

No you don't know what its like  
When nothing feels alright  
You don't know what its like to be like me  
To be hurt  
To feel lost  
To be left out in the dark  
To be kicked when you're down  
To feel like you've been pushed around  
To be on the edge of breaking down  
And no one there to save you  
No you don't know what its like  
Welcome to my life

Another song that deals with being in pain is called Perfect. This song is about how the son feels like he can’t make his father proud. The lyrics that really stick out to being in pain and hiding it are “I try not to think, About the pain I feel inside.” This shows the technique the person uses to cope. The technique was one of the ways I cope; ignore it and pretend it doesn’t exist. The third song is called, I’m Fine.

I’m Fine, is all about lying and saying that you’re fine when really, you’re not. The song is about when a person is trying to convince everyone that they are okay and don’t need help, or don’t need to talk about anything wrong. The chorus shows this the best:

I'm fine  
On the outside  
Fine  
Ain't that what it looks like?  
Ask me, I ain't got no problems  
I ain't got a care in the world  
Yeah, I'm so fine  
On the outside

The fourth song is called You’re Gonna Go Far Kid. The whole song doesn’t really explain how a person hides their pain, or what it’s like to be in that extreme state of pain, but for me, the beginning two lines helped me think that I was doing a good job while lying to people. The two lines are “Show me how to lie. You're getting better all the time.” This second line helped me think that I was really making people believe that I was okay, and nothing was wrong with me. Which for the most part of my life, I did very well at not letting anyone know about my pain, but as time went on, I slowly let the pain be seen. The next song isn’t about pain as in trauma but more pain as in breakup.

The song is called, I’m a Mess. It is about a breakup and how the person is struggling through that but a few lyrics in the song work well with pain from trauma:

Everything's gonna be alright  
Everything's gonna be okay  
It's gonna be a good, good, life  
That's what my therapist say

These lyrics work well, because when someone is dealing with pain, at least in my own experiences, everyone tells them that, “everything will be fine, alright, and okay.” There isn’t anything wrong with this of course, but it’s something that people who are going through hard times hear a lot. Another line that goes well with hiding pain is, “I don't trust no one around us.” Again, from my experiences, I never trusted anyone to talk to them about my problems. When a person admits they are struggling, they are vulnerable and can be used, or sometimes if a person admits they have problems, then they will think other people will treat them differently. Finally, the last song is called, Little Do You Know.

This last song is again about a breakup and it’s also a duet. The whole song doesn’t have a lot of lyrics that I can relate pain from trauma, but in the beginning, there are a few lines that work:

Little do you know  
I'm still haunted by the memories  
Little do you know  
I'm trying to pick myself up piece by piece

Here it shows that people don’t always know when someone is going through problems. It also shows that people who have gone through trauma still have the memories, and when thinking about the traumatic situation they relive the pain and scenario. Also, people who have gone through greater events causing pain try and deal with it themselves instead of asking for help.

Now to answer the question for a second time but with evidence, yes, it is easy to hide pain from people. The songs showed ways to cope, what it’s like to cope certain ways, and finally what it’s like to live with constant emotional and mental pain. I’m not quite sure if there is a solution to these types of problems. Personally, for me, I have talked to a few people and ranted about everything and it has helped. But I still get the feeling that they will leave me like a lot of people have before. So, for anyone who is trying to help people through these types of situations, just let them trust you and be there for them if they need to talk or rant. Finally, if they get scared of people leaving them then try to reassure them that you are there for them and you won’t leave, but then you can’t leave them and if you have to then you need to explain the whole situation on why you’re leaving. Thank you!