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IS IT ALL IN YOUR HEAD?

“It’s all in your head.” There are few statements in the world that feel more demeaning and demoralizing than that one. You’re experiencing pain, yet because you show no visible signs of injury or illness, a family member or boss tells you, “It’s all in your head.” It hurts because it’s a form of gaslighting. What they’re actually saying is one or more of the following:

- “I don’t believe you.”
- “You’re crazy.”
- “I don’t want to hear you complain.”
- “I don’t want to face the fact that you need help.”

In some cases, it’s that the other person feels helpless about how to address your pain. In others, as in when your pain was caused by someone’s negligence, it’s a way of avoiding responsibility. If the pain isn’t real, then they can’t be held responsible or liable for it.

So...is it all in your head? The answer might surprise you. YES. It’s all in your head.

BUT...that doesn’t make the pain any less valid. Let’s explain.

All Pain Is in Your Head

It’s a scientific fact that **all pain originates in the brain**. If you experience a physical injury like a broken limb, you may feel pain in that arm or leg, but the signal originates in the brain. Even if your physical body seems perfectly fine and healthy, your brain can “create” pain that you feel as real as any other. How often do we hear stories of paraplegics who claim to “feel” sensations like they’re getting pricked with pins and needles even though their spinal cord was entirely severed--or an amputee feels pain in an arm that is no longer there? That’s because the pain signal originates in the brain, not in the injured part of the body.

All Pain Is Real and Valid

So what if there are no physical triggers for your pain--in other words, what if there is no physical injury or illness involved? What if the pain is psychosomatic (i.e., without

(Continued on next page) 

physical explanation) or generated by psychological or emotional trauma? Is that pain any less valid or less real??

No. Since all pain originates in the brain, and because you are feeling the pain, the source of the pain is not what makes it valid. Whether it's physical, psychosomatic, or emotional, all pain is real because you are the one feeling it. Furthermore, all pain is valid because regardless of the source, it's lessening your quality of life or hindering you from daily activities. It's still pain, which means the pain still needs to be addressed.

Think of pain as your body's alarm system. It is sending a signal that something is wrong. Just as home security systems sometimes malfunction, our brains sometimes send pain signals without visible explanation. But the alarm is still sounding--you're not making it up. And just like you have to fix a faulty security system, you still need treatment to find the source of the pain, even if the source is the mind itself.

What to Do When the Pain Is Unexplained

So what do you do when someone says, "It's all in your head?"

Answer: Ignore them and get help for the pain. Specifically, take these steps:

- Seek treatment. If doctors can't find a physical source of the pain, it's okay to seek help from mental health professionals. Remember, the pain is real and valid, no matter where it's coming from.
- Examine your environment and routine. Sometimes pain is triggered by hidden or unexpected things--for example, contaminated water/food, mold in the walls, or even repetitive movements we make on the job.
- If you believe your pain is caused by someone's negligence, talk to an attorney. If you're in pain--whether that pain is physical or psychological--it's creating a loss in your life. If someone else is to blame for that loss, they should be legally held liable for it.

A good personal injury attorney can get past the "It's all in your head" argument to help you get the compensation you deserve. The attorneys at the **McCraw Law Group** can help. Contact us today for a free consultation.

WORD SEARCH

Oh yeah, they're ALL in there: The 40 seasonal words below are hidden - forwards, backwards, horizontally, vertically & diagonally - within this box full of letters. Good luck finding them all!

April	Clover	Sprout
Hyacinth	Mardi Gras	Tulip
Breeze	Parade	Irish
Puddles	King Cake	Shamrock
Jacket	Lamb	Pinch
Rainbow	Drizzle	Leprechaun
Thaw	Magical	Treasure
Kite	Bunny	Seventeenth
Windy	Green	Blarney Stone
Time Change	Pot of Gold	Good Luck
Easter	Snail	Legend
Daffodil	Ladybug	Umbrella
St Patricks Day	Blossom	
Pisces	Caterpillar	

B C L O V E R L E G E N D M J L X K N L Y V
L S M Q D L T K K Z N W N Y K D D M X D R M
A N T A R R L Y Q Y R T L M Q V M L Q L A R
R H P P R G U B Y D A L T M X L W B K G Z W
N T T J A D N R A L L I P R E T A C I Y R R
E W Z N R T I K D L O G F O T O P C M Y Y M
Y K J N E Y R G M O S S O L B G A Q D Y G A
S V A A Y E L I R T Y D R E X L R Y B M L B
T E K C C S T I C A W Y T A M Z R E G L S T
O G R R G K P N D K S D J S Z T B K E H T G
N K E U A N E R E O S W M T B R I R A N Z T
E C E G S I I T O V F D R E T T B M X S M I
M U Z L N A N K S U E F A R E M R M E L R P
Y L P G Z A E B W N T S A Y U O Y L E I I T
N D G A Y Z H R O R A M Z D C H D P S N H M
N O D L R A I C T W M I Z K T D R H C A T D
U O M B P A P R E B M A L N U E E H W U Q Z
B G G Y M I D R D M B Z I P C Z K B L W W X
X T L V D L S E I K I C R H E D J I T K T N
L T J N G N R C Q L A T A E J K P N V M L T
T L Q M P R I Z E Y B U R B K R Y W M N J Z
X M N N B T M W H S N B B T X P L N B B B D



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MCCRAW LAW GROUP

From the desk of: JOHN L. "LIN" MCCRAW III, P.C.

Point of Hope

Well, we have done it! Winter is in the rear-view mirror and very soon we will be seeing redbud trees in their full glory, bluebonnets and Indian paint brushes painting the highway right of ways and fields of our great state. Springtime in Texas is something to behold. Northerners can still chill us to the bone, tornados and bad thunderstorms arise from nowhere on hot humid days and through it all, we begin to get back outside to our yardwork, gardens, parks and fishing holes. Enjoy the season the best you are able. Go out and feel the warm sun as you go on a long walk or take care of honey dos that were ignored over the winter. Go fishing, biking, or get out on a boat. Live!

I know that for many folks, it is tough to do. When your injured, have been sick, or are suffering through personal tragedy you may not feel like getting out and doing what you can safely do; but I promise, you will feel better if you do. Over the last year a lot has happened in my life. I have seen friends die and become significantly damaged with Covid. Many men and women I have known and respected all my life have passed on to their reward. Several friends and extended family members have had their children die much too young. It has been a tough year. But, with the coming of Spring, hope sprouts new. The days get longer, the fields and forest come alive and I am re-energized. I hope that for each and every one of you, that you take some time to smell the flowers in the air, that you take time to smell a Spring rainstorm and listen to the thunder, that you go outside and feel the warm sun on our face even if a cool wind still blows. Life is good. Look for the silver lining in bad circumstances and be thankful that despite the depth of our losses, Springtime brings a hope for our future.

At the McCraw Law Group, we want to help you get to the point of hope for a better future in spite of dire circumstances. No one wants to have to go to a lawyer, or a dentist, or a doctor; but we all have our place in helping either prevent us from getting into bad circumstances or helping us should misfortune come to the door. Should you, a family member or friend need us, we will be there. In the meantime, get out there and make memories.

~ Lin McCraw



MCCRAW LAW GROUP



McCraw Team SPOTLIGHT

Meet: Suzanne White

Bookkeeper



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Today we celebrate **Suzanne White**, an invaluable and trusted member of our team for nearly 7 years. Suzanne exhibits resourcefulness and dependability each and every day. She is honest, client- focused, and always offers to help any way that she can.

Suzanne understands our mission and shares in our passion of protecting and helping those that have been injured. Born and raised in Roswell, New Mexico, Suzanne understands the importance of taking care of our community. Suzanne uniquely exhibits our company's core value of


compassion for our clients and employees. She is quick to learn the names of all of our clients and even quicker to suggest personal touches to make the client's life easier and to show our clients that we do really care. Prior to joining our firm, Suzanne spent a large part of her professional career as a choir director, leading and developing students across the DFW area. To this day, many of her former students, continue to reach out to her thanking her for her guidance and support over the years. Her leadership is one of focus, positivity, and creativity.

More McCraw Team shout outs:




April VanHoose recently celebrated her *1-year anniversary* with McCraw Law Group. April works as a Legal Assistant in the Denton office and brings to the company a unique set of skills and experiences that enable her to specialize in case closings. April received her Bachelor of Science degree from Texas Women's University, and she is pursuing her accounting certification.

April lives in Denton with her family and has a number of interests including softball and dancing.



Syd Garrison *joined the company* in November as a Legal Assistant in the Pre-litigation Department. A native of Fort Worth, Syd works in the Denton office. New to the legal profession, but not new to serving customers, Syd joins the company after a decade in the restaurant industry and is very enthusiastic about her career change. In addition to her restaurant experience, Syd has volunteer experience including her contribution to the North Texas Food Bank.

In her spare time, Syd enjoys reading, cooking, collecting vinyl records and spending time with her beloved dog, Pickles.



Michelle Smyth *joined the company* in November as a Paralegal in the Litigation Department. Michelle works at the McKinney office, and contributes many years of experience in the legal profession. Michelle has been a certified paralegal since 1998 when she completed the Paralegal program at Arlington Career Institute.

Michelle lives in Celina with her husband and two children as well as her golden doodle puppy. In her spare time, Michelle enjoys working out, watching Netflix and is an avid sports fan.



New Office in Wylie, TX!

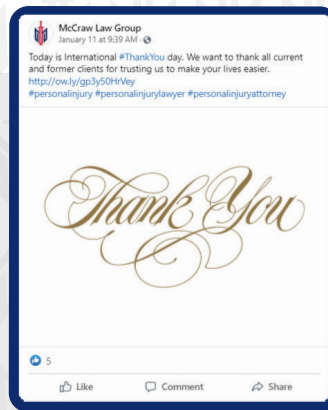
We are excited to share that we have expanded our business to open a new office in Wylie! We are now in McKinney, Denton, and Wylie.

101 Calloway St #200, Wylie, TX 75098



McCraw in McKinney: COMMUNITY EVENT!

Come visit our booth at the
McKinney Shamrock Run 5K
from 8am-noon on March 12



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**JOHN L. "LIN"
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P.C.**

MLG REVIEWS



Cory Bumpus



When I chose and went with The McCraw Law firm group from the minute I walked into the door they treated me excellent they took care of everything that needed to be taken care of an took so much stress off of me for my accident they're very professional and are great people to work with I highly recommend them for any kind of case or incident!

Alecia Burns



The firm is very well organized. Kyra kept good communication throughout the whole process. Love working with the McCraw law group.

Gonzalo Serrano



Amazing group of lawyers and staff! Extremely knowledgeable, very professional, and all around great to work with! Highly Recommend!

**Above reviews were posted on Google Reviews*



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