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My talk, *Reflections on suffering* concluded the satellite entitled *Working with Survivors of Torture and Conflict*. In exposing the philosophical premisses for the politics of suffering, I explained three fundamental concepts based on a text I wrote for the Israeli Political and Judicial Lexicon (an English translation will be published in 2013): the first concept presents Suffering as "a double edge sword phenomenon" where total exposure of the person and the creation of a natural restraint coincide. The second, calls to acknowledge "the boundaries of self preservation" created within the totally vulnerable and hence exposed sufferer (as in the extreme case of survival attempts during torture). When seeking to understand which of the two aspects or forces determines us in suffering: that of being totally exposed or that of creating natural protective boundaries, we reach the third concept I named the "human span of tolerance". In looking at all three elements constituting suffering, we come to realize that due to the constant struggle between the opposing forces, there can never be an absolute yardstick for assessing suffering and hence suffering may not really serve as a tool for control (by the torturers, the political authorities but also the clinicians seeking to help the hurt).