Alive and Well

April 29, 2014 By Nicole Lemelle

"Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad." Ã‚Â¢Ã¢Â‚Â¬Ã¢Â€Â¢ Henry Wadsworth Longfellow

I visit my occupational therapist (OT) weekly. She's there to help me develop skills that will enable me to work or simply complete my activities of daily living, such as dressing and grooming. At this point we have become moderately acquainted with each other. I am a fairly outgoing person, when in the mood, and this is the part of me that she sees the most. We were talking the other day and I mentioned that I cry quite a lot.

"What!" She exclaimed. She seemed astounded.

It was nice to hear that she had a completely different perspective of me, one that seems to be closer to the original Nicole.

I like people to know that I do have a life outside of MS. I started this blog in order to highlight and find out whom that person was. It seems like somehow along the way I've steered off-road. I'm embarrassed to admit how much time I spend dwelling on things I can no longer do. Or how often I still cry alone.

But apparently, according to my OT, not enough to tear apart my intact personality. So my new goal is to keep that part of me alive and well.

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