Clinging to Sanity

October 22, 2013 By Nicole Lemelle

I'm not clear what happened differently this week. I don't have any new symptoms. Everything I can't do, I haven't been able to do in years at this point. My husband is still doing a good job taking care of me. We have not even been arguing. I've been seeing my same psychiatrist and I've really been doing my part to cling to my sanity.

But yesterday, I completely lost it. I cried endlessly all day long! I hate crying. I especially hate doing it in front of my husband. Because, I know there's really nothing he can do and men always want to "fix" the problem. The thing is I don't think there is a way to fix me.

Since nothing has changed, I am fiddling with the idea of increasing my depression medication. You know depression is really a side effect of multiple sclerosis. But of course it would be.

It's so bad that I actually left a recent MS self-help meeting feeling worse, because I was the most disabled one there. Meaning, although they all had valid complaints, at least they could get up and walk out. I had the nerve to judge them and that made me feel horrible.

It seems as if once again I'm assuming that if you can walk you must be happy. From down here in my wheelchair it seems that has to be true. Right?

So I'm going to see my psychiatrist next week. Hopefully, it will be as simple as him writing a new prescription.

Hopefully.

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