Sunshine and Rainbows

August 5, 2014 By Nicole Lemelle

"But better to get hurt by the truth than comforted with a lie." Ã□Â¢Ã¢Â‚Â¬Ã¢€Â¢ Khaled Hosseini

Yesterday, after a doctor's appointment, I got in my car and the radio was playing "Happy" by Pharrell Williams. I really like that song. Hearing it makes me feel so good.

The next song to play was "Rolling In The Deep" by Adele. I'm married but I can still relate to its "lost love" inference.

The melancholy message of "Rolling In The Deep" is totally opposite from the "Happy" song. Nevertheless, I love them both.

I see my blog as comparable to that radio station's sequential music programming. Consequently, sometimes it's happy and sometimes it's sad.

Recently, I received a few comments and emails asking me why my posts are so negative. For those people that asked, I've decided to answer them here.

I didn't realize so many of my posts were perceived as negative. I went back and looked and from my count most aren't negative. They just reflect my life. I write about my journey living with MS. In doing so, I chronicle my experiences and feelings. And just like that radio station's playlist, sometimes I'm up and sometimes I'm down.

Unfortunately, my life is not a Hallmark card. It's not always sunshine and rainbows. If I pretended it was, this blog would be full of lies. I promised myself that my writings will only tell the truth and sometimes that truth is ugly. So if I can't always see the bright side of living with a chronic debilitating disease, please forgive me.

I am just like everyone else, I have my good days and I have my bad days. And I'm happy to say that my good days outnumber my bad.

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