# The Fall Girl

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"Pain is such an uncomfortable feeling that even a tiny amount of it is enough to ruin every enjoyment." - Will Rogers

Saturday night, while taking a shower, I fell. The weird thing is, I was sitting down when it happened. I was on a bench in my shower washing myself when I lost my balance, tipped side ways and ended up face down on the tile floor.

The pain was incredible. I screamed and within seconds my husband rushed in to help me. He asked me if I was all right. I wasn't sure so he sat me up and inspected me for damage.

I had cuts on the inside and outside of my bottom lip. And yes, blood was flowing and quickly filled my mouth. I felt a little lightheaded but the feeling was fleeting. As I sat on the floor, I ran my tongue around in my mouth. I could feel something was out of place. I glanced around the room and saw what looked like a tooth next to the sink. Before I could panic, my husband instructed me to smile. It revealed that I had chipped my front tooth.

As bad as that sounds, besides the pain, I felt reasonably well for such a severe fall.

Over the years, I have taken many precautions in my daily life to prevent falls. So I thought I was fairly safe. But wow, this took me by surprise. For goodness sake I was sitting down! Who falls while they are sitting?

I realize the busted lip and chipped tooth can be fixed. So I feel fortunate and grateful to be all right. But my memories of the pain from that fall will stay with me for some time.

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