

A PART OF THE WORLD

Those of us who live with chronic pain and illness, realize we will never be able to live like we use to. We feel isolated, lonely, as if we are no longer a part of the world around us.

Some of us, myself included, have been out of touch with the world for so long, that we feel like a stranger or an alien, in our own land. We have lost our jobs, relationships, our homes and dignity.

This causes us to be unable to stay up with current events and what's going on in our community and surroundings.

We miss out on so much that life has to offer. We miss all the little things like going out to dinner, or going to a movie with a friend, and all of the usual activities we were once able to do.

This in itself is so burdensome for us. We'd love to feel as we we're still a part of the world around us. We long for our former self when we were healthy and pain free.

Many times, we don't even feel a part of our family or friends lives. We sit on the sidelines watching everyone else going places, doing fun things and it breaks our hearts knowing we can't participate.

There are times that we must go out even if we don't feel well enough to go to the grocery store, or a doctor's appointment, but we must put on a brave face and do it anyway. Still, there are many who are bed bound or confined to their homes and must depend on our caregivers, which in turn cause us to feel guilty and ashamed.

Pain and illness is very difficult to live with, but carry this truth in your heart. You're strong, even when you don't feel you are, you're brave, even if you can't see it, and you're courageous even in the midst of the storm, and you are not alone.

