



A THIEF OF DREAMS

Living with ME/CFS, Arthritis, Fibromyalgia, Lyme disease or other chronic illnesses, can take so much from us. It causes us to feel inadequate and not good enough – in numerous ways.

We lose so much of our independence – from going out alone, to being able to drive at all. Many are still living bed bound or house bound –

feeling so isolated and lonely.

We feel guilty and ashamed that we have to depend on our caregivers and others to help us in our daily lives that only adds to our grief, sadness and loss of self-worth.

We lose our place in society, as well as with family and friends. We miss out on family events, parties, holidays, and more. While many around us never see this pain, it is omnipresent with us.

We lose confidence in doing simple tasks, such as taking a walk, cooking or baking, driving, speaking out for ourselves, trying new things, taking care of our finances, and more.

We lose that simple peacefulness of "just being" – never feeling that quiet calm, we once knew before illness walked into our lives. Often times, we feel defenselessness. We feel as if we're bare skin, exposed to all that surrounds us – as if we have no protective barrier – physically or emotionally

May our hands join together in spirit – across the miles – for together we're truly made stronger.