

Caught in the Storm

Whether it be matters of health, of finance, of relationships, many storms rage around us ...

Those who face major health problems get caught in midnight storms. That is when the doubts seem the most threatening, and when the self-diagnosis causes our minds to imagine even more symptoms.

There is the quiet terror that haunts us as we attempt to keep our pain or seizures to our self. There is the snowballing terror that fills our thoughts as we face medical tests, and then are forced to wait days and weeks for the results.

Then, along comes light and help in the most supportive ways. It may be a word from a stranger in the medical waiting room who says "I know how you feel. I was there too!" It may be a friend or companion who simply encourages us to talk about our feelings and fears, and encourages us to vent our anger. One who then offers us a thoughtful, supportive gesture. It may be in the form of a diagnosis that names our condition, and gives suggestions as to how we can best carry on in spite of the problem.

One doctor, in an interview about patients in his Palliative Care Ward, noted that none of the patients there talked about suicide once they were assured that something could be done to control their pain so it would not be excessive.

Storms rage all around us. We feel broken, vulnerable, victimized by things beyond our control.

Then along comes something to give us a glimmer of hope. A light goes on, and chases away the despair. A voice speaks softly, and quiets our panic. A hand reaches out, and helps us move to a place of refuge.

"Bring your pillow and come along" someone says by way of reassurance, and helps us to again see the full picture. Someone helps us note the difference between truth and speculations. Someone names the diagnosis and helps us consider how best we can carry on.

From there, the healing work begins. We know we are not alone!

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