

## **Life... On disability - trying to choose classes**

### ***Situation:***

I'm on disability and working toward getting a job. Last Thursday I was at school to sign up for the next semester. There were three classes offered, and I felt myself getting confused and anxious, because I couldn't make up my mind which one I should take.

### ***Symptoms:***

Since I've been feeling better, I am involved in more activities now than I have been in a long time. The three classes were offered twice a week on different days and at different times of the day. One of the class days and times would interfere with a self-help meeting that I attend. So I thought about eliminating that one option all together. Yet, even though that's my "favorite" meeting, there are other in the area that I could attend. Each option had pluses and minuses. At one point I thought about just giving up and forgetting the whole idea of improving my skills. It almost seemed like too much for me to handle. What if I picked the wrong class? What if I get a job and there's a conflict with the class days?

### ***Solution:***

As soon as I thought about giving up, something inside me said, "Oh no, I'm not giving up, I've come too far." I commanded my muscles to walk over to where there were some chairs, and sit down. Lots of times when I sit down, it's a signal for me to calm down.

I replaced my insecure what-if thoughts, with the fact that there was no absolutely right class or time and no absolutely wrong one. Another secure thought was that the class only ran for 12 weeks. It's not likely that I'll get a job in that time span. And if I do, I can re-evaluate the importance of taking the class.

No matter what I choose today, I still have more choices available to me.

### ***In the past:***

I didn't have to make too many important choices because I was too full of symptoms to be able to do much of anything. Most of my days were spent in bed or in front of the TV. I've come a long way, and I'm proud.

