

Hospital Life – Don't want to get started

Situation:

After my shower and after getting dressed yesterday I didn't feel like getting started with the day. I was just sitting on the edge of the bed staring out into space. I wasn't looking forward to what was planned. We're on a schedule and it feels like I'm in the army and I don't like it at all.

Symptoms:

I was thinking about how nice it would be to just get back into bed and shut out the rest of the world. I hate it here. I hate my doctor for putting me in here. I don't like their rules. They've taken away my sense of freedom.

What was I feeling? Nothing – I just wanted to go to sleep.

Solution:

I remembered something I learned in class – that lots of times people don't feel like doing things that are expected of them. And that happens when you're in the hospital or out of the hospital. It's part of life. So it wasn't just me, it wasn't because I had a diagnosed mental condition, it was something all people face.

Another thing I remembered was that no matter what I felt like – I could command my muscles. OK legs move, take me to get my breakfast. My muscles could carry me through what I needed to do.

It wasn't true that I was feeling nothing. Once I took the time to examine what I was really thinking, I was upset about being in the hospital. I was mad at my doctor. So I told myself, "I'm not wrong for not liking being in the hospital and my doctor is not wrong for putting me here." When I try to think that someone's not wrong, the next thought always seems to be, "Oh yes they are!" I have to remember to say – they're average. They're not wrong, they're average. I'm not the first or only person that a psychiatrist has ordered into a hospital. That makes it average. There are new faces around here all the time. So that means that lots of people need mental health help. And not everybody volunteers to come in.

Once I calmed myself down a little, I could see that there have to be rules and guidelines and schedules, otherwise things would be pretty unorganized. Nobody would make any progress if all we did was stay in bed or watch TV.

In the past:

I know that in the past I would have been stuck in the anger. I wouldn't have shown it on the outside. I would just shut-down. It was more comfortable staying



in my own little world than having to deal with anybody – family, friends or professionals.

I'm learning to get along better with people now. It's not true that everybody's out to get me like I thought before.

