Time

Over the weekend, I've had a lot of time to reflect on my future. I determined the following was my future.

A day in my life today.

1. Try to sleep (I am blessed with insominia)
2. Visit the Chiropractor (I am trying to retain my mobility)
3. Take medicine (20 pills, 3 time daily)
4. Try to provide for my family (prior to MS, I was the sole breadwinner)
5. Try to keep spirit up (not easy)
6. Try and contain my anger (not easy, a nifty side effect of MS, is lack of emotional control)
7. Manage biological functions (another nifty side effect of MS, is incontinence)
8. Worry about what 3 is doing to me (Since taking MS medicine, I now also have Leukemia)
9. Getting (see 6) about 8
10. Try not to fail (another nifty side effect of MS, lack of motor skill, balance particularly hard hit)
11. Be there for my wife and family

How I perceive my future.

1. Fear of being so sleep deprived, I will go mad
2. Mobility gone
3. I will still take medicine, but will my outcome improve?
4. Depression, knowing I will not be able to care for my family
5. Try and keep spirit up (will it still be something I can even do)
6. Anger up (will it still be something that affects me the same way)
7. Wonder if treatments will progress, have progressed, or are even available to me.
8. Will I be able to walk
9. Will my family have support

When I was first diagnosed with MS and looked at my future, I thought, if I had to get it, now was not a bad time. Now I can assure you, there is no 'good time.' Life for me, has become a sort of purgatory, where by future does not look brighter, but is a slow descent into irrelevance. I spend my days coming to terms with that reality, fighting to retain my moral, I hope I am strong enough.