

Distractions

Life has become very linear. Multi-tasking is confusing. Frustration becomes anger quickly. It is very hard to explain that, often as not, I am angry with myself, not those around me. I need to remember:

1. I get distracted easily, but sometimes it works out in my favor, when I start a task (searching for a key,) I end up cleaning up my 'junk drawer.'
2. Plans make me feel safe and last minute tasks throw me for a loop. Schedules help me stay on task, I try to schedule everything, however I often underestimate how long it takes of do not follow the script completely.
3. MS makes everyday tasks just a bit more difficult. I start consolidating foodstuffs, and I don't feel complete until I finish it.
4. I like everything to have its place, one of the coping mechanisms I use (because my recall isn't what it used to be,) is everything has its place, if it's not there, I can't find it.
5. Ultimately, I know what works for me, believe it or not there is often a method to my madness, I depend on it.
6. I have had a lot of tough days recently, and I get through it. Although most task seem insurmountable when I start, the satisfaction of completion is great. With support from family/doctors, I get through it