Do You Ever Feel Like Pulling the Covers Over Your Head and Hoping the World Will Just Go Away?

March 27, 2018 By Martha Warriner Jarrett

You've survived HIV/AIDS—something most people can't even conceive of doing—so you think you can conquer anything. You think that nothing could be worse than HIV. But then the world kicks you in the teeth again. It can be the loss of a job, an illness in your family, worry over whether you'll lose your medical insurance, the craziness in Washington, another mass shooting . . . . I could go on and on. You get the picture. And I'm sure you've got your own litany of fears, concerns and disasters.

I've also got a list of platitudes for you to consider. Things like:

- You did it before; you can do it again
- It'll all work out in the end
- Never ever give up
- Persevere
- Courage
- Prayer
- Think about something else and you'll forget about it
- You're strong
- Just do it!
- Don't let them get you down

Got the picture? But what do you do when none of them works? When you're still scared to death that it's not going to be okay this time. When your amazing husband is diagnosed with lung cancer. That's where I'm at and I don't have any easy answers. Nothing I say to myself seems to make a difference. So, once again I'll turn to my faith. It got me through the last time, when I got hit by the proverbial bus and nearly died of AIDS. I've got to trust that it will get me through this

time and that, as it usually is, the worrying will be short-lived and tomorrow will be a better day.

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