

Dear Steve,

I was diagnosed with fibromyalgia in the Fall of 1999. I had just moved from British Columbia down to Oregon. It was sad leaving my friends and my job, but I needed to go “home” and take care of myself. I am just finishing school and looking forward to a new career. That same year my mom got breast cancer, but recovered, and my 18 year old daughter, whom I gave up for adoption when she was born, looked me up. After a rough start, we are beginning to get close again. I am 37 years old and it’s too early to think I’ll have this pain and tiredness for the rest of my life.

Too young to feel this old,
Dianna - West Virginia

Dear Dianna,

A couple of things are contributing to your condition. Your daughter, when she reconnected with you, was about the same age you were when you let her go. You may be too open to accepting her anger and sadness. In 1999 you also left people whom you “were supposed to be taking care of”. On top of that, your mom got ill, then recovered before you even had a chance to “take care of her”.

The symptoms of the fibromyalgia may also be partly allergy induced. Allergies reflect an over-sensitivity to something. In your case, not only did you become sensitized to the sadness of your mother, daughter, and friends you left behind in B. C., but you may feel sad that you cannot (have not been able to) take away their sadness. You cannot take care of them. This triggered the original “loss” of your daughter, and made you more susceptible to allergens and toxins. You are worthy of happiness, whether or not others are sad.

Positive Thought To Manifest: I totally and safely allow others to support me in my joy. I totally and safely allow myself to support others in their joy.

Carrying that sadness is just too tiring,
Steve