

## **Is There Life With Pain?**

**Narrator:** Your pain will be a factor in your life but it will not be who you are. By taking stock of your strengths and limitations, and reminding yourself of the things that are important to you, you'll begin to find ways to move forward in spite of your pain.

**Member 1:** You will get better. For as impossible as you think this experience is there is a way through it and beyond it, and I am living proof of that.

**Member 2:** Put your faith in someone that you trust, a physician that you know is going to help you through this process and give it a chance.

**Member 3:** Educate yourself on whatever the particular pain is.

**Member 4:** I can't think about passed today I live this thing one day at a time.

**Member 5:** Don't give up there is help out there. You're not the only person in the whole world.

**Member 6:** Pain is inevitable, but misery is an option.

**Member 7:** It's a journey that we do together it's not about the destination. It's about the journey itself.

**Narrator:** You didn't invite pain into your life and you don't have to let it take over. You can reclaim the life that belongs to you.

**Member 5:** I'm a different person now the old Ruthie is gone, she's dead. I don't think she'll ever come back, but truthfully, I like the new Ruthie better than I did the old Ruthie.

**Member 1:** And where I am now is I have more power than I ever had, even though I'm less physically capable than I used to be.

**Member 2:** And I don't do all the things that I once did, but I still have that joy. Music is a great joy to me and fills my heart with a lot of happiness.

**Member 4:** Helping my daughter plan her wedding and just doing all that fun stuff and showers and actually being at the reception and dancing, that was great boy that was one of the best days of my life.

**Member 8:** My life now is like I'm coming up out of a hole and coming into sunshine and I feel good about it.

**Member 9:** Every few months I take a deep breath and I get into the car and drive to Cincinnati, OH and then I drive to Louisville, KY or Frostburg, MD. I don't know how I do but there are grandchildren at the end of the road and I can do it!

**Member 6:** I've been living with pain for a total of fifteen years; four years of night and eleven years of light.