

OVERCOMING REJECTION OF SUFFERING

Many times you will find yourself rejecting anymore suffering from your disease. At that point, you have “had enough.” Yet, you still have to endure your disease because it is not going away. Becoming upset that you have your disease will make you feel worse. The dialogue below will help you adjust when you feel like rejecting your disease.

Preparing for Situations Where I May Reject Further Suffering

Has my suffering increased in situations like this in the past?
Have I fallen into rejecting suffering in similar situations?
If I have, be ready to deal with that way of coping. It is not helpful.
Do not get into demanding to be someone physically who I cannot be right now.
Do not get into believing my future is bleak. Take one day at a time.
Hating this disease makes me hate my life. Give up the hate. It provides no benefit.
I do not have to like having a disease but I do have to accept that I have one.
Live with reality. Stop the protest against it. Adjust to what is.
Do not fall into brooding. Side-step self-pity. That only causes dejection.
Monitor signs of rejection of suffering.

Dealing with a Situation When Rejection of Suffering Is Noticed

I am feeling worse now. I notice that I am rejecting suffering in this situation.
Do not get mad about suffering. Do not get discouraged and dejected. That will only make me feel worse.
Bear up to an increase in suffering.
I cannot drive out suffering. It is a part of me now that I have this disease.
Do not disallow it. Stop the protest against it. Stop focusing on it.
I do not want to suffer but it cannot be avoided. Live with it. Let it into my life. It is a part of my existence.
I suffer enough. Do not increase my suffering by hating how my life is.

Dealing with Oneself after the Situation Has Ended

Monitor for signs of dejection or anger about discomfort in this situation. How much distress am I carrying with me right now?
Refocus on other matters that are pleasant. Do not stay focused on the problems in my body.
Take a few deep breaths and relax. Let go of the physical tension from suffering.
Do not hate my life because it is not as healthy as it used to be.
Do not carry around resentment about how my life is now. Adjust to what I have to face. Do not get into wishful thinking. Accept who I am.