

Letter to a friend (Endometriosis – 2)



Dear Endometriosis:

For 14 years, you carried the day. For 14 years, you knocked me down. For 14 years, you made me feel like a lesser being, someone unfit. You made me doubt my mental health. You made me doubt myself, my skills as a person, a woman, a human being. For 14 years, you made me cry in silence, often alone. You made me give up on my dreams, reformulate plans, change life strategies. Change paths. For 14 years, you made me wake up at night, with unbearable pain, thinking I was going to die from it. You made me believe that nobody could endure so much pain, for so many years, with no answers whatsoever. For 14 years, we lived a completely unfair and unbalanced relationship. You knew every piece of my body, felt the flavor of my tears, heard the sound of my screams, were there, inside me, watching the show in the front row, smiling and clapping while I suffered miserably. Remember the times when I wished I could do something crazy but didn't, just because I couldn't even walk?

For 14 years, you knew everything about me. On the other hand, I had never heard about you. How fair is that? You come in, take over my body and my life just like that, without even asking for permission? Without making yourself known? That seems truly unfair to me. Mean. Inhuman. You have been so cruel to me, dear Endometriosis, that the only solution I had was to make you my best friend.

The day I heard your name for the first time, the day I knew you were the one inside me, controlling my life, I swore to myself that that was it. The end of your dominance over my life. The end of your wicked smile. The end of this unbalanced relationship. Today, I am on a first-name basis with you, dear Endometriosis. You are still part of my daily life, but now I am in charge. I am the one who decides what to do or which paths to follow. Your time as a ruling queen is over, dear Endometriosis. I am the one ruling my own life now. And do you want to know something funny? The 14 years you stole from me were undoubtedly compensated by all the knowledge I have acquired, by the friendships that have made my life richer and by the smiles I have shared, all because of you. The 14 years you stole from me are nothing when compared to the woman warrior you made me become. Today, thanks to you, I am a completely different woman.

Dear Endometriosis, you have shown me that I have a strength I did not even know about. You have shown me that no matter how hard the battle can be, I can win it and hold my head high, despite the bruises. Now I know that nothing is impossible and that I can be happy... feel whole, as a woman, even with a chronic disease.

Today, one of my main goals is to make you well known in the world, in such a way that soon you will never torment anyone in silence again.
Dear Endometriosis, you have won many battles, but I am the one winning the war, every day, with a smile on my face!

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