

10 Commandments of Chronic Illness

1. Thou shalt spend time with those who feel your pain.
2. Thou shalt not apologize for resting or accept blame for being sick.
3. Thou shalt begin to educate thyself about thy diagnosis.
4. Thou shalt accept thy limitations.
5. Thou shalt treat thy pain.
6. Thou shalt read thy medical records.
7. Thou shalt find a doctor who listens to you.
8. Thou shalt not skip regular blood tests.
9. Thou shalt ask for accommodations.
10. Thou shalt not enter into contests about whose illness is worse.