

WHY ME?

**WHY ME IS WHAT I ASK MYSELF EVERYDAY
HOW DID I EVER END UP THIS WAY
RACKED WITH TERRIBLE PAIN AND MOOD SO LOW
AFTER YEARS OF TORMENT WILL IT EVER GO**

**WHY ME SO DIFFERENT FROM ALL THE REST
DESPITE TIME AND TIME GIVING IT MY BEST
WHAT NOW HOW LONG MUST I STILL ENDURE
A CONDITION FOR WHICH THERE'S NO DEFINITIVE CURE**

**WHY ME I WOULD LIKE TO FINALLY UNDERSTAND
SO THAT I CAN GAIN THE UPPER HAND
TAKE THIS PROBLEM KNOCK IT ON THE HEAD
THEN GO WHERE I'D BE CONFIDENT TO TREAD**

**WHY ME AFTER COUNTLESS TREATMENTS I HAVE ENDURED
CAN THIS TEAM OF PROFESSIONALS LEAVE ME ASSURED
PAIN MANAGEMENT IS WHAT THEY AIM TO INSTILL
IN PEOPLE LIKE ME WHO HAVE LOST THEIR WILL**

**WHY ME I ASK AM I GOOD ENOUGH
TO STAY WITH YOU WHEN THINGS GET TOUGH
OF COURSE THEY SAY WE'LL SHOW YOU HOW
WITH KNOWLEDGE AND EXCERCISE WE'LL START RIGHT NOW**

**WHY ME IS WHAT I ASK MYSELF EVERYDAY
BUT NOW I'M LEARNING TO TRY AND SAY
WITH HELP AND SUPPORT I CAN START ANEW
IT'S WORKING FOR ME IT COULD FOR YOU!**

*This poem is dedicated to all members of the pain management team.
Their work is vastly important to all who suffer with chronic pain & it is
to them that I give my heartfelt thanks.
You helped me when I thought there was nowhere else to go.*

**Michelle O'Malley
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(Michelle attended the 'Managing Pain programme' at the Ainsdale Centre for Health and Wellbeing, Woodvale, Southport)