

CONVERSATION "HEALTH" PART 1

- A It's almost four fucking blogging am on. Okay. Yeah. Okay. Okay. Can you text him? No, I'm not allowed to. Yes, you are. What do you want to say is it's incredible that. Never mind.
- B Can you hear me okay, awesome.
- A Yeah. Yes, I can hear you honestly.
- B Well this is um the first time I've done this on prolific um have you done one of these chats before? Oh, I yeah, I was expecting to sit here and wait for a few minutes and then we even get paid a dollar, but like whatever, that's okay too.
- A I've never done it on prolific, but I've I've done like chats like this, but I've never been matched up with someone before, So this Yeah. Yeah. Yeah. How is your life going right now?
- B Yeah. **Oh man, my life is boring.**
- A Mhm. Yeah.
- B Um I used to be in school and I had some health problems and so I'm out of school right now, so I'm just like trying to not be the laziest person that I'm capable of being.
- A Yeah. Yeah. Mhm.
- B Um So yeah, pretty boring. Uh doing prolific and some stuff just for like pocket change, but yeah, not too bad.
- A What?
- B Has your life?
- A Um Well, I can actually relate to you in more than one way.
- B Okay.
- A I was recently diagnosed with bipolar and uh **it's just been a down world downward spiral**, my mom of two kids, and it's just been crazy and I got myself into legal trouble when I was an asthmatic episodes, so it's just like, **I don't even know how to cope right now.**
- B Uh huh. Yeah, I've never had anyone in my family really with experiences like that, but yeah, I feel for you, especially if you're like having an episode in it now, you're having to deal with it in like a completely different state of mind, I imagine.
- A Mhm. People working okay. Yeah.
- B That's, it feels like maybe someone else trying to Yeah.

- A Yeah, because it was I had a boyfriend of like four years and then things just went like way out of control and now I'm just in a position where I'm trying to put the pieces back together and it's just, **I don't even know at this point**, like, and then the covid stuff on top of that I want to get out and do things, but everything is closed.
- B Yeah, I get that.
- A Oh yeah, mm.
- B Um I mean, so like right now, are you just trying to figure out like the best treatment for it.
- A All right. Now I'm just in um like they put me on meds, I was in the hospital twice. Um they put me on meds to stabilize my mood and then I've been on talk therapy and everything and I've just been trying to like walk my dogs and just get on with my life, **but it's so hard**.
- B Mm Yeah, it is. I've dealt with other issues, not bipolar but like other mental issues where it takes a long time to get it figured out and it's hard to get yourself out of that hole.
- A All right. Yeah.
- B And especially now now I'm really sorry, it's just happening now, it's not a good time for it.
- A Mhm. Yeah, most definitely not. **I just feel like so confined and I feel like there's nowhere to go and there's nowhere to turn** to and especially now like my friends are all wrapped up in their lives and I'm just **I feel like I'm in this battle alone**.
- B Well you said you're doing talk therapy, right?
- A Mhm.
- B So is it like zoom therapy or something?
- A I had a therapist that I was seeing like regularly in person and the office like closed down. So now we have to do it like telehealth. So I just put it on like facetime and everything with her.
- B Mhm. Yeah, I actually was lucky enough to get into telehealth, like not long after Covid started and it helped a lot.
- A No.
- B Um And thankfully like I was doing it through the university nearby so it was teaching, so it was free. Um Yeah, so I got really lucky with that.
- A Oh, what other health problems are you dealing with?
- B But yeah.
- A Crazy? What are you dealing with?

- B Um Oh man, it's a really weird situation like five years ago as a really active person. Like I would run and hike and do weight lifting and then I started having ankle pain and it progressed into both ankles in like six months after it started, it got so bad, I couldn't walk anymore.
- A Oh my goodness!
- B And then, yeah, it was really just out of nowhere and then I went to school in a wheelchair for a year and then I started having risk problems and I couldn't type anymore and it was really stupid.
- A How are you do that?
- B I was doing, um I had to quit school, I couldn't type anymore. And honestly, **I just like wind about it and was upset about it and depressed about it for like four years.** And it wasn't until like recently because I've been to it like over a dozen doctors to try and figure out what's wrong. And it wasn't until recently that I'm just like, you know what, I'm not going to figure out what it is, it's not going to happen. I can't spend any more money trying to figure it out. So I kind of accepted it and it has gotten better. I can walk a bit now and use a computer which I couldn't before. Um So yeah.
- A That's just I mean, like, I just feel like even like mentally Having something like physically too, I had problems like that.
- B Uh huh. Okay.
- A I had a total replacement.
- B Mhm.
- A I'm only 24 and I had a total hip replacement because something similar happened back in December and I couldn't walk at all and they couldn't figure out what it was.
- B Mhm.
- A And I was diagnosed with the disease that was eating away at my bent a vascular necrosis.
- B Uh Mhm.
- A And I have like a cane and everything here, that it was hard for me to get around. **And then it's just like from one thing to another, just constantly like it's always something.**
- B I think that's life. I hate to like I don't know, I've been like a pessimist about that before. Like I think that is kind of life. Everyone it seems like sometimes you have good periods but it just it does go from one thing to another and I don't know, you just have to appreciate the breaks between I guess.
- A Yeah, I guess.

- B Uh huh.
- A Well I can look at it as like a break because my ex um he took my kids with him and I have to fight for custody of them to get them back and everything and I'm in this apartment, it's a two bedroom apartment, my mom staying with me now, but I'm in this big apartment like all by myself and **I just feel defeated.**
- B What? Mhm.
- A Really?
- B Yeah.
- A Oh.
- B I wonder if there's I mean I'm sure there's online groups where you can meet, get like just some interaction, but I know how that is just being stuck in one place.
- A Mhm. Yeah. Mhm. Uh huh.
- B I definitely know how that is.
- A **I just feel like I want to run away and go somewhere, but I can't** because I'm stuck and I have like all these legal trouble smell and it's just hard to go with the days passing as far as like support.
- B Yeah. Yeah.
- A Like what is your support system like?
- B I don't know. Um Not too much honestly. Uh this is sort of my fault, but I don't talk to a lot of my friends anymore because of the health issues. Um for a long time, I couldn't Like I couldn't really leave my house without help and I would just be in such pain. I couldn't stay out more than like 30 minutes. So I just gave up trying to hang out with my friends and I just kind of haven't reconnected with them like during Covid because I don't want to, there's not much we can do outside and I don't want to bring them into my house. That sounds terrible. But and like risk my roommates and everybody getting sick so friends are kinda out.
- A Yeah.
- B I've got a mom who's somewhat supportive but like she's got her own problems with health and mental health. Um I have a girlfriend. We've been together almost four years and she's the most supportive person so I'm really lucky to have her and she's made it a lot easier and helped me get better.
- A Yeah.
- B But. Okay.

A That's the one I feel like now all I have is like my mom and all I had to look forward to is my kids.

B Yeah.

A But I mean I don't even have my kids enough. **So it's like I feel just cornered everyone only at his will, his will.**

B Are you allowed to talk to them?

A Like I have to have permission to facetime them and we have to talk through this app on the court ordered. Um just to make sure that there's no like harassment or whatever. Um Because during my like breakdown, I'll be honest with you and I'll tell you during my breakdown, **I was just so upset with him for him like putting me in a psych ward. I was so mad.** I called him and I said like, I'll kill you in your sleep. And he took it literal and he went and like press charges and got a P. F. A. And everything. So now it's everything has to be like very closely monitored between him and I and he has like so much control over my life now with the kids.

B Oh yeah. Yeah.

A It's unreal. Yeah.

B Sounds like a pretty bad situation.

A Yeah.

B But is there like a time frame on it?

A Bad situation.

B Like how long you have to seek treatment before?

A Yeah.

B Like things with the court progress.

A Uh huh. I think it's september but I'm not really sure. Um I haven't gotten a letter in the mail yet that says like when my second date is but for the meantime like the FIFA is partially lifted so we can have communication about the kids. But that's it. Mhm.

B Yeah. Well september is not too far away. I mean it's a long time without your kids.

A Yeah.

B Yeah.

A ...