

Why and How

By Liliana Baylon

I am learning to trust myself,
It's a big thing to be aware of,
Especially living in a society that loves of medical model,
Where when we share what we're feeling in our bodies,
doctors state, are you sure that's what you're feeling?
Show me?

As if we must convince them,
As if there's a need or benefit for us to be sick, to be labeled ill,
You know, for the many benefits in an able-body world we
obtain.

I have learned to go through a checklist,
I'm feeling this because of _____
And I'm out of breath because _____
Is it because now, I'm learning to live with a new diagnosis?

Can I trust myself, or do I need validation by checking with a
doctor?

who will reply in an email with a mixed or invalidating message?
With a conversation; it's up to you, or you can...

As if I went to medical school to know what to look for, what to
do.

As if I made sense of it already,

As if I'm able to name, share it, to own it.

Why and How

Especially when we grow up with systems that deny, dismiss, or invalidate.

Or a family overwhelmed with their daily stressors and trauma. they are not able to help or attend to.

And what they model is; how to question ourselves, neglect the signs we have, and push through.

Learning to trust myself is a big task,
One where the world is so noisy,
and constantly projecting.

How can I know,
how do I truly trust myself when the old script is often running?

How can I learn to turn off the noise?

How can I relearn to not automatically go through the checklist to minimize, to dismiss and to push through, as I have learned and master through my life.

How?