

Letters from Jack #1

Hi Mark! So good to hear from you again. Yes, the mood changes really complicate things. I remember when I first squared off with them and came to the conclusion that they were largely beyond my control, not well-behaved on their own, causing too much trouble and had to be reigned in at whatever the cost. Yet another imperfection?! How can it beeee?!!!

Anyway, the all important 'acceptance' of a hard reality finally was able to exert its helpful influence and I got serious about finding the best fix I could, accepting that the 'fix' itself would not be perfect. Consequently, I've gradually gotten to know Jack #2. I like him better though he can (still) be maddeningly boring from time to time. The best thing I like about him is that he understands how to keep Michelle around and how to keep friends i.e.; he takes his pills every single day without fail and he does it even more reliably than he brushes his teeth.

The last shrink I talked to took a completely different approach to my mixed bag of malfunctions which led to a treatment I can tolerate, so I've stuck with him for years. As you might suspect, it's all in the diagnosis and the shrink's skills of observation which is the combination that marries drug-theory to real-person. And there may be another factor involved; level of caring, which I think is simply a reflection of how well you click with your doc. I encourage you to look and not stop looking until you find that person. Maybe you already have, I don't know, but I'm concerned about the level of anxiety you're experiencing. Anxiety has long been a big part of my life and I've had little peeks at what you're describing but it sounds like you're being terrorized by it. Caffeine can greatly enhance anxiety. So can chemistry of strictly internal origin. I'm pretty sure by this time that you have become a hobby scientist about your own life, just as I have. Your scientific proclivities will help you to further quiet the ego and allow the voice of truth to be heard more frequently. I love you and trust that you'll keep me in your loop as you are able.

Love, Jack

PS: Be aware of your importance to others. It's worth studying. For example, your sharing with me on THIS day has laid a few more priceless stones of truth in place for my safe passage. What 'stones'? The stones of YOU. xoxo