



Citrus Valley  
Interstitial Cystitis  
Support Group

**Newsletter:** Meeting Date: 22 September 2015, Edition 3

**Speaker:** Nicole Bessire-Taylor, MA, LMFT (Licensed, Marriage, Family Therapist. Glendora, CA

**Topic:** "Types of Relationships Impacted by Chronic Illness "

### **Meeting Notes from the slide presentation and talk**

This meeting focused on the how to deal with the stresses produced by change; in this case chronic illness that often involves pain as experienced by those with BPS/IC. Healthy relationship(s) are a direct line between individuals with shared interests. There is an elephant in the room when an "unhealthy triangulation" occurs as the straight line of living changes when chronic illness enters and creates a triangle with pain at the top; this brings about obstruction in all relationships.

The negative, circular, pattern produces increased pain, anxiety, not coping, and sleeping problems. These individual responses are generated to cope with worries about employment, general health worries, medication worries, family relationship worries, including sexual concerns, financial worries, doctor and hospital visits = anger and frustration.

Pain impacts relationships and pushes us toward depression, anger, and anxiety. This leads to relationship disconnects, loneliness, lack of validation, resentments, rejection and unmet expectation.

Adaptive Coping Skills: How do we deal the impact of chronic pain/illness?

- Educate those close to us about the facts of the disease and how it impacts the body. Plan a time to discuss problems rather than build to a barrage of emotions.
- Let others help to reduce the burden on any one person.
- Keep a journal. Suggest that each person in a relationship write their thoughts of how life has been effected by health problems and how they manage.
- Revive or add a shared interest.

Remember that the major difference between "positive thinking" and "healthy coping" is an under mining of true self.

How do we move forward?

- Work toward identifying the expectation in the relationship
- Share thoughts and feelings. This is where the journal can help.
- Engage in non –sexual touching
- Build back a sense of trust and safety. If sex hurts give permission to be creative and explore.
- Set a time for sexual interaction
- Embrace physical affection from all types of appropriate relationships.

**Final thought:** Attitude "I may be chronically ill but I'm also chronically fabulous."

### Next Meeting

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November 24, 2015

*Topic:* BPS/IC Open Discussion

*Speaker:*

Edward Davis, M.D.

*Location:*

Foothill Presbyterian

Hospital

(In Doctor's Dining Room)

6:30 – 8:30 P.M.

### *Suggestions from September 22 Meeting*

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**Books that may be helpful:**

"When Someone You Love has Chronic Illness"

Tamara Greenberg

"The Mindful Caregiver"

Nancy L. Kriseman

*Contact:*

icaction.com

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IC Action

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