

That's Hysterical! Now, Get Out!

Season 2 | Episode 3

I Won't Miss the Period Day 6 Bitterness

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I'll tell you, adenomyosis, my period, PMS, they knock me out. So there are days where I am parenting from a couch or parenting from bed, and it sucks. And I don't even feel like 100 % apparent. I feel like I'm doing the 100 % I can do for that day. On this episode, that's hysterical. Now get out. This is day six slash seven of my period. It's pretty much the tail end. I get that pushing pressure on the front of my uterus. It's about to burst out of my abdomen and a few leftover stabby pains. I tell people it's almost like my uterus feels like it's wringing itself out to get the last little bursts of blood out. And I will not miss it. I hope it goes away. I cannot imagine. I know it'll go away someday, but it's just I don't know. I was thinking about it, and after so many periods and trying to get a handle on the pattern of how I react and how the hormones make me feel on different days, I found that day six, day seven, I get out of that funky that I get into during PMS where everything just piles on top of me.

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Then it's like a switch flips. On day four, I'm in a great mood. I'm in great spirit. So I'm like, Oh, finally feeling good. Day five, feeling good. And then day six, it's like, Oh, man, we're really tired. This period knocked us out. But then it's like my family comes and they start asking me for things. And I'm like, No, wait, I'm recovering from this period. You've been asking me for stuff for this whole time. Can you chill? And I'm retroactively pissed at people for not understanding like, Hey, I've been having my period for the last few days. All you know is she's extra in pain. She's extra tired. She's extra on her heating pad. I think especially this time around where my son's been home from school the past few days, and it's actually been a few weeks since we've had my husband's parents really take him to watch him because first they went on vacation and then they got back and they got sick and then he got sick and I haven't been sick, but I have been with him this whole time and it's just a lot. A six-year-old is a lot.

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And all this time with him is really driving home the fact that I will not be capable of 100% Mom Mode that I've been in. And I can't even say 100% because I'll tell you, Adenomyosis, my period, PMS, they knock me out. So there are days where I am parenting from a couch or parenting from bed, and it sucks. And I don't even feel like 100% a parent. I feel like I'm doing the 100% I can do for that day, but comparatively, if we're looking at it that way, which hopefully we're not because every day should not be compared the same, especially with somebody with a chronic illness where their energy levels are unpredictable. So 100 %, one day looks completely different than my 100 % another day, and I need to remember that. Then when I'm in recovery, my 100 % is going to probably look like, I don't know, 10 % of what it is now. I'm on days where I'm sleeping the whole time. I guess I'm looking forward to the day when I don't get this

post-MS, post-menstrual syndrome, often bitchier than pre-menstrual syndrome. Pre-menstrual syndrome, I'm just prone to crying and extreme sadness and extreme emotions, I suppose.

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But day 5, 6, 7, there's this just bitchiness, this bitterness that I've been going through all this pain and shit and people still won't leave me the fuck alone. And sometimes I wish I could put a giant sign on me that says like, Hey, internally, I'm in fucking agony. Can you please decide if your questions are urgent and or important? And or can you take care of them, your fucking self? And I want to get rid of this fucking uterus. And maybe I'm bitter. Maybe I'm bitter because he was the last tenant. He was the last tenant in my uterus. So, of course, I'm a little angry at him for not understanding. A, your first home is in pain all the time. Your constant questions do not make it easier. And it's me. He's six. I need to get over it. It's my own bitterness. It's my own lack of patience because a lot of the pain and the shit from adenomyosis made me a much more relaxed parent. I would say maybe not relaxed because as you can tell, I'm stressed today. But it made me more of a parent of like, Is it worth the pain?

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Is it worth the extra pain? Or can I just let it go? I don't know. You're getting a bitter episode, and I apologize for that. I can always tell when I'm bitter because my words are just... They're sharper and I want to get them out faster. Okay. Anyway, stay tuned. Take care, folks.