

Try not to scare yourself.

I believe with high confidence that you are suffering intrusive thoughts and impulses due to pharmaceutical withdrawal, just the way I did. And, as they did for me, they will dissipate for you as well, as you recover.

Thrive today. Take a deep breath, and try to smile - even if you have to fake it. You can be 10,000 suns burning bright even if the waves of emotion churn dark inside you. Even if the thoughts are gruesome and menacing - you are not one of them.

They are but mental fireworks that will burn themselves out, as you heal and heal and heal

Comment [N S1]: ...as you continue to heal.

Keep being as wonderful as you already are

Your Dirk

I liked his e-mails. Very much. They were more than interesting for me, they taught me how to consider things in withdrawal and they reassured me a lot.

We started to spend more and more time on the internet together, we enjoyed the our time together and found we had extraordinarily much in common. I have never found a man with whom I had so much in common. As if we were made for each other...

Comment [N S2]: had

With respect to all things connected with withdrawal he was a teacher and I was a student. I was asking and he was answering. He was very patient in explaining every single thing about the withdrawal - it was seen that he went through it, knew a lot about it and wanted to help me. I held onto him as a drowning man holding onto a rock in the middle of the rough sea; he did not let me fall.

Comment [N S3]: I saw that...

Comment [N S4]: drowning

Comment [N S5]: sea;

He did not write me personally on my e-mail account, however, when I placed any question on the forum, he was always for me there, prepared to discuss every single thing or issue (if related to withdrawal or other) and give me his full support & reassurance.

Comment [N S6]: there for me,

Comment [N S7]: (related to withdrawal or n

I was looking forward to these evenings, evenings; they were the most precious time I have ever experienced in my life.

Comment [N S8]: had

They gave me a sense in life, of a harbour/harbor, a safe place where I could turn to when I was fighting the never ceasing intrusive thoughts, and contemplated if full recovery was possible, and I wondered if I would ever be able to live the same uncomplicated life I lived before withdrawal.

Some time passed, we-We exchanged several e-mails like that, when one day I realized that the acute withdrawal was over, the terrible akathisia stopped and I was again able to enjoy a tranquil and refreshing full night's sleep.

## Chapter 7—Tapering of Lyrica

One day I got up in the morning and realized that something changed. There was such a peace in me. As if everything calmed down.

I remembered the previous months, when I felt pure hell upon waking up. I had surges of negative energy running through **whole** my body and an overall rotten feeling which made me want to scratch myself constantly. When I looked at my children, a surge of harming thoughts followed. After I got up, the situation **went** even worse. The constant itching, stinging and rotten feeling were almost unbearable and I was forced to pace from one room to the other just to relieve the pain. By the time I went to **the** work I was already so exhausted that I could not think of anything else except for **the** suicide - I wanted to die so badly. If it was possible I would have jumped out of my skin immediately... .

Comment [N S9]: my whole body

Comment [N S10]: was

Now the situation changed. I still experienced huge depression and ever present harming thoughts, but the overall restlessness, itchiness, pins and needles sensation and surges of negative energy were **away**.

Comment [N S11]: gone.

I felt content, calm and full of positive expectations for a new working day.

I went to **the** work. Unfortunately the harming thoughts did not stop, so I could not feel an absolute happiness, but even **a** partial relief was like a ray of light for me and I was thankful for that **present**.

Comment [N S12]: gift, or the present. Not the present.

I realized that what I reached was most probably STABILIZATION - a phenomenon which all **the** people going through withdrawal **are** talking about from time to time. I did not know what the term meant previously. I always thought that it referred to a situation when all the symptoms the person had, totally disappeared. Now I knew that I was wrong. I felt intuitively, that what I experienced was indeed stabilization - a feeling when **the** **my** whole central nervous system calmed down and stopped bouncing... when the symptoms were present, but in much **milderer** form... allowing **the** person to breathe, to live and to perform in **their** own life.

Comment [N S13]: ...talk about...

Comment [N S14]: ...milder form.

Comment [N S15]: me

Comment [N S16]: my

Comment [N S17]: I began to think. I already felt stable, so I could start tapering.

**I started to think about. I felt already stabile, so I could start already tapering...**

I went to the most common websites for coming off **the** benzodiazepines and antidepressants and fetched the available information on tapering.

There were many different approaches to see - the approaches varied from website to website. The main difference was in the duration of **the** holding period - how long to hold before the **cuts**.

Comment [N S18]: ...continuing to taper.

Most of the websites recommended to **cut** the doses by no more than 10% of the actual dose.

Comment [N S19]: ...taper...

I chose the conservative approach i.e. to taper 10% of the dose over **the** four weeks period, then to hold for two subsequent weeks and then if everything was going well, to **cut** again...

Comment [N S20]: ...a four-week period...

Comment [N S21]: taper

I realize now that the approach I chose was maybe too slow. But at that time I did not have enough knowledge, was very scared and anxious "to do it right" and most of all I wanted to give my body a **well-deserved well-deserved** & necessary pause to recover between the **cuts**.

Comment [N S22]: tapering