

Trying to overcome isolation and reach out

Melissa: I have a lot of avoidance issues. In the last year and a half, I don't go anywhere unless I am meeting a Vet, somebody I know. I don't go places on my own. I've had anxiety attacks at my own grocery store. I live in a very small world that I have created for myself. I have my gas station, my grocery store, my Target and I don't tend to like to go outside of my comfort zone unless I'm either taking somebody with me or I'm meeting somebody.

I'm miserable enough and I want my life back. I mean there was a point in my life where I would travel the country by myself and even pick up hitchhikers and didn't have any problem eating and restaurants wherever I stopped or doing whatever I wanted to by myself. The thought of doing that today is too much for me to even think about.



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