Emotions & Diabetes

The emotions associated with diabetes can be painful to experience. However, “bad” emotions like physical pain can help alert us that something is wrong. Below are feelings often experienced by people living with diabetes-read the descriptions and determine if any of them apply to you:

**Denial** - refusing to admit to the fact that you have diabetes. Denial can result in not fully doing the things you need to do to keep your diabetes under control or ignoring physical symptoms related to diabetes.

**Anxious** - constantly thinking about diabetes and your routine. Obsessing over your diabetes can lead to constantly talking about your condition to others and refusing to make even minor changes in your diabetes routine.

**Anger** - feeling that a situation is unfair. You may feel that you did nothing to deserve diabetes, yet it is costing you everything, creating long-term complications, adding extra expenses, making you poke yourself and, in some cases and insulin needle.

**Depression** - is also known as exaggerated sadness. You may experience negative feelings involving self-blame, worthlessness or hopelessness. Physical symptoms may include difficulty sleeping, irregular eating and low energy.

**Grief** - often a response to a sense of loss. You may feel that there is a death of the life you knew before diabetes, death of freedom to eat what you want and death of some of your most cherished activities.

**Fear** - often related to feeling that your well-being is threatened. You may experience fear of long-term complications or a sense of being out of control. Other fears may be related to insulin and needles.

**Frustration** - often a response to feeling overwhelmed by the daily demands of a diabetes routine. You may also feel frustrated by the response that other people have regarding your diabetes and its treatment. You may also feel that your body is working against you.

**Guilt** - feeling that you did something wrong. You may feel guilty around eating habits, blood sugar levels or feeling like you are a burden to others because of your diabetes routine.

**Embarrassment** - concern about the reaction of others. You may feel embarrassed to tell others that you have diabetes or embarrassed over taking insulin or blood glucose particularly around others.

Would you like to learn more? Ask your provider to refer you to the clinic psychologist, Dr. Yates for an appointment.

Adapted from booked titled, *Psyching Out Diabetes A Positive Approach to Your Negative Emotions* by Richard R. Rubin, Ph.D., C.D.E