

Smaller Circles - By Ricky Buchanan and Amble Skuse

Track 1	Track 2	Track 3	Track 4
<p>Yeah, I can tell you It's all about disappearing so it's very topical I got a lot sicker this year So... Erm... Yeah, I just... erm... I mostly always get sicker But I got a lot more sicker this year A lot more than I was expecting So I've had to stop doing almost all of the stuff that I was really... Enjoying doing and Almost all of the stuff that was making me... you know Happy and Making me feel good So It's been kind of Challenging and Erm Yeah, I haven't had time to figure out new stuff yet so I'm frustrated Yeah, it's all frustrating And it's fine I'll deal with it, I'll adjust, I'll figure out You know New ways to cope and all that But it takes so much energy and so much time to adjust Yeah, and I, also a lot of things that I have done At the start of the year or last year I'm still getting feedback on them And it feels really weird For things that I did at the start of this year Which I can no longer do! A hah ha Just like emotionally really kind of Twisted up and Difficult (It's very topical disappearing from the video) Yeah, and it's all just kind of confusing and Difficult to think about I'm glad I did them when I could do them And it's OK, it'll be OK It just sucks right now It feels like I feel like my life is a circle And the circle is getting smaller Was aware that the universe was shrinking Erm And So first she couldn't communicate with like distant places Far off Places Because they no longer existed In the Universe And then Eventually she couldn't communicate And then, the universe kept shrinking and Eventually she couldn't communicate With the distant parts of the ship That she was on My life is I kind of feel like my life is like that that far away parts of the world Or my city And now I can't go anywhere I'm in bed 24/7 Um And It's really hard to type</p>	<p>So yeah, it just, it's just like Disappearing from your own life That it gets smaller and smaller and smaller And because it's not, geography that's getting smaller, of course, it's my energy So as well as my, as my geographical wanderings getting smaller My ability to interact on the internet gets smaller as well So I can spend less time Talking on the phone Less time on social media At the start of this year I could Mmm It makes me sad Yeah It sucks and it also sucks to know that This is so far from the limit of how I never completely lost the ability to speak But I And I'm very aware of people who I know From the internet Who have completely lost the ability to speak Or communicate And of course it's terrifying, I I know how bad it can get I've known people who have died I've known people who have been my friends That I've personally been friends with Who have subsequently become so ill that they have died From M.E. / C.F.S and... It's just so scary I don't want to be that ill I definitely don't want to die I love being alive It's It's worth being alive for It has It has meaning and value Mostly Mostly that works I guess not quite as much Because Everything has been so stressful lately On top of everything else and That's just brought a lot of anxiety And that makes it you know So much more stress and anxiety Makes it lot harder to choose</p>	<p>So everything gets smaller too There's less energy for Facebook or Twitter There's less energy for talking on the phone There's less energy for having a friend come over and And chat to me Everything else is smaller as well, not just Not just the geography Couldn't project my voice Because no one could hear me Um And um I could, I could Speak enough to Make my needs met but I couldn't Chat with people Erm, and I have Friends that I know that all Pretty much lost the ability To speak And it has been harder than I thought it would be Because generally, I've, I've done so well At adapting That I was kind of Blindsided by, by it I, I, I'm not used to the Speed of my deterioration Outpacing my My ability to adapt Or my speed of adaption I guess So, I'm sure that they will They will catch up again But it's always really scary, To get sick fast To get sicker fast</p>	

<p>Because, I mean In a way it would be great To figure out what I did wrong because that would give me some control And I could stop doing whatever I'm doing wrong And then Maybe I would get sick slower Or I would stop getting worse Which is what I You know That would be great</p> <p>If there's nothing I'm doing wrong then I have no control</p> <p>There's nothing I can change There's nothing I can do</p>	<p>What happens inside your head Because it kind of hijacks, Hijacks bits of your thoughts But mostly I've been pretty good</p> <p>Um Yeah, ... I've I've had to spend so much energy Adapting this year that It has been really hard</p> <p>So, ... Yeah It's just like disappearing from your own life That it gets Smaller and smaller and smaller Even if my life is small It's It's worth being alive for And because it's not Geography that's getting smaller Of course It's my energy So, ... Yeah It's just like disappearing from your own life That it gets Smaller and smaller and smaller</p> <p>Cos er, getting around to the acceptance Takes, kind of processing And processing takes energy and And energy of course, I have less of And if the reason that you're having to do the processing Is that you're getting worse Then you have even less energy To do the processing with</p>	<p>And of course it makes me think</p> <p>Even if my life is small It's It's worth being alive for</p> <p>Which is the most Terrifying option Really</p> <p>I'm doing the best that That pretty much Could be done I'm doing all my resting and meditation And not Being too stressed, and, and Taking sensible suppliments and Just, ugh, Having as calm a life as Possible to be had And, you know That's all you can do There's only so much stress you can</p> <p>Divest yourself of, in the middle of a pandemic It's an inherently stressful Situation for All of us</p>	<p>Even if my life is small It's It's worth being alive for</p> <p>Um, and so Accepting reality Is a really really really important really really important Um</p> <p>And so difficult When you're getting Worse, fast And, it's really hard to get Your brain and Your emotions to catch up with</p>
<p>In a way because</p> <p>Because I really kinda wish that it was my fault Because that would give me control, ha It's a bit of a mixed up feeling</p>	<p>But it's not It's not As scary as it used to be</p> <p>One thing that does Worry me Is that I'm already on all the meds That help Ha!</p>	<p>Because I'm pretty sure that I'm not doing anything wrong That it's not my fault And that means it's not my fault Like Then, ugh That makes me feel A bit</p> <p>Erm, but I try and I try and remind myself that I'm I can't change what reality is Acceptance is the Most useful Tool I think If I can Get my brain to Accept that what is real Is real That helps with, with That helps with managing it You can't Ask for help Or accept help For something Until you Until you accept that something exists Um And Of course If you're trying to Make sure you preserve your energy To the greatest degree possible Which is what you need to do You're going to need to do A lot of asking for help</p>	<p>And, so I felt Really very Shocked And very Blindsided That it That it Happened Kinda felt like Being punched in the face Emotionally I felt really raw And just Not, not ready for it Yeah, difficult It's scary something Because The stakes Are very high</p> <p>Like, I didn't Just get better Before I got better because They gave me specific meds That helped And I'm already on All the meds that help now</p>
<p>So Yeah, it just, it's just like disappearing from your own life That it gets smaller and smaller and smaller</p>	<p>So yeah, it just, it's just like Disappearing from your own life That it gets smaller and smaller and smaller And because it's not Geography that's getting smaller Of course It's my energy So yeah, it just, it's just like Disappearing from your own life That it gets smaller and smaller and smaller</p>	<p>Situation quite alot But it didn't stop me Getting worse So I'm scared that this time I'm already on all the meds What do they do now?</p>	