

THE CONCEPT SEE BAD – FEEL GOOD ANSWERS THE QUESTION:

How to live a meaningful life with control of context, a good feeling of satisfaction and rock and roll

There are a lot of persons who suffer from a loss in life. Vision is something very obvious and natural and normal to have, until the very day when you notice that your best friends, the two eyes, do not function very well anymore. They are not to be trusted and the frustration caused by loss in itself will be a never ending story, if you do not try to cope with it.

A friend of mine called me before he was going to drown himself due to lack of vision. He was, he said on the phone, full with anxiety and grief, which was quite a change from the happy cosy guy I used to know before his eyes started to cause him problems with his vision.

In my own desperation from not being able to help him I said to him:

- Your eyes are bad, but you are a very good person. You are not your eyes, and you do not have to feel ashamed of the fact that you cannot use your vision very well.

- You are not a victim, as there is no evil person or force that wants bad things to happen to you. 2 to 3 % of the population in the world ave bad vision of various degrees. You happen to be one of them, and you have a right to be different, once you learn to live with these insights and the practical consequences of your low vision.

“Learn to live it” must mean the same thing as the word **REHABILITATION**.

Another definition is that you start to believe in a new future. A sign of when you know when rehabilitation is beginning to come to an end is when you start to think and plan for the future. You are planning a holiday trip; you are going to visit with some friends – no matter what. Another solution is to say to yourself: I am visually impaired, this is the new personality I have and it gives me an identity, a new negative feature in my personality that can give me an excuse for not functioning. Nothing is possible anymore. I am a victim of the circumstances. My disease is my new identity, but who wants to talk to you about that for a very long time. Not very many.

The **SEE BAD FEEL GOOD** approach is the opposite: the new negative feature in my personality is a challenge. I am not going to deny it. I am going to come out with it, whenever it is needed. I am going to use the funny-looking devices, reading at a very close distance, using a cane and so on wherever I want to. I have the right to do it, and my goal is to make the unusual part of myself so usual. Consequently, it will never more be

unusual.

Some “professionals” call it inclusion, I call it an insight into my own strengths and weaknesses, where I cannot all the time do all the things I could before, but I will find a driver, I will use assistance on unfamiliar airports, I will find a mature person to follow me on my road to an identity, where mind and motion will follow me with positive objectives for the future, and I will not blame all problems that will happen to me on my vision limitations.

The rock and roll, the music that I like is waiting for me. The persons who understand the ups and downs in life want to be my friends, and the possibilities I have to get a job well done is overcome by my self esteem, my technical devices and my right to be different in a world where nothing no longer is normal.

I have become this person as I have a strong and supporting family, I have great idols and friends who also are VIPs and I have met professionals in the field of low vision, which means that I myself and they, my new friends, want me to live a full life despite of the negative feature in my vision system, a feature research cannot do anything about. There is no angel surgeon who can change that, I have to find a way of living that means that I will keep on seeing bad and feel good.

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