

Shrink Rap: Making Lemonade

Sometimes life gives you lemons. It gives us the wrinkly pucker-face and sometimes makes us let out a funny sound.

About two years ago I sustained an injury. A glass patio table shattered and a large piece of glass fell across the top of my bare foot. I think I made something more than a wrinkly pucker face and let out more than just a funny sound. I quickly learned that spurting blood does not only happen in horror flicks.

So off to the ER. They assured me there was no tendon damage, and stitched me up. Oh the lemons of life. A few days later I noticed a rash creeping across my foot and up my leg; a bacterial infection. Ok, life was definitely giving me sour-wrinkly-pucker-face.

My foot was so ugly I started referring to it as "Frankenstien." I could barely step down, let alone do my regular 3 mile power walks.

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