

Well, you're forced to re-evaluate your life. Somewhere in the process of being ill and having to give up everything that you once enjoyed, everything that made you who you were, you have to re-assess your life, your priorities, what's important in your life. For me, I learned that being a sports person was important to me, and yes, maybe it did make me who I was for a while, but now I think I was just lucky to have that for as long as I did. Some people will never have that. But that was my old life, it's almost like a past-life now. I don't think of myself as being like that anymore. Now my priorities just lie in being healthy and happy. If you're healthy and you're happy, then you're damn lucky. It's more than a lot of people have. They are my priorities now, not sport or competitions.

*Dickson, A., Knussen, C., & Flowers, P. (2008). 'That was my old life; it's almost like a past-life now': identity crisis, loss and adjustment amongst people living with Chronic Fatigue Syndrome. Psychology & health, 23(4), 459-476.*