



Diabetes - What now?

A Type 1 Diabetic looks at Life

by Gerhard Hauptmann



Diabetes originates on the emotional level as a result of feelings being penned in. If no attention is paid to feelings, they cannot be expressed; there is no reflexion. This gives rise to pain, and one feels isolated. The repeated fear of separation, of being alone, results in withdrawal and in one's feelings being checked and finally locked away. All expression of one's own personality is increasingly restricted, the stream of vital energy grows thinner and thinner. The playful child, joy, expression, light-heartedness, lack of restraint, all are sentenced to death, since in any case their emotions are ignored. Furthermore, children often take on their parents' emotions or behaviours. Emotions, which are denied expression, maybe in order to avoid friction and maintain a harmonious family life, generate tensions which a child cannot cope with, and so it withdraws into itself. It doesn't venture to express how it is feeling, out of a wish not to upset the „apparent“ harmony. So, even in early childhood, it learns to keep a check on its emotions.

It is not the sweetness (nourishment) in life that the diabetic does not allow himself to enjoy, but the fact that he is no longer capable of experiencing fullness of life, the sweetness of it, even if he receives this in the form of food. Seen in this

way, the diabetic disease has the function of teaching the body how to feel once again, by withdrawal or control of eating, by the body's over- and under-reaction to sugar. However, the appearance of the disease marks the beginning of a vicious circle. Instead of feeling, the diabetic checks up on himself even more. He checks his blood-sugar level, he checks what he is eating, checks his life, and in doing so, he gets further and further away from his emotions. Even eating is over-organised and becomes a considered, rational process, in order to keep the blood-sugar levels within a predetermined range. This makes it difficult to access what is really essential for him. The diabetic concentrates on his illness and identifies himself with checking. Thus, checking becomes an obvious component of his life and, in the final analysis, it determines the pathway of his life. Even if the diabetic believes he possesses fullness of life, he is mistaken. His own permanent state of checking unconsciously forbids him from enjoying sweetness, the joy of feeling that he is part of the here-and-now, and enjoying it. Reason is the body's internal checking authority. However, it can only carry out its checking function, if the thoughts are captured in the past or the future. As no checking is possible

in the „now“, reason tries with all the resources at its disposal to prevent this state.

Healing is within the reach of a diabetic, if only he can become aware of his feelings, express them and affirm them. However, the diabetic must become aware not only of his feelings, but of himself. He cannot deny his own feelings and live out the expectations of another. He must rediscover himself, his true wishes and feelings in the here-and-now. Once this state is attained, the diabetes has fulfilled its task and is redundant. The diabetic, who no longer needs to be one, can enjoy the sweetness of life for himself once again.

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