



Kidney Q&A

0-3 months

Life Options Rehabilitation Program

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www.lifeoptions.org

Q: How do I get over feeling like my body has let me down?

A: It is very common for people who have kidney failure to feel betrayed. It's not fair that you got kidney disease—and it may be quite a shock if you didn't know it was happening. But life isn't always fair, and kidney disease has treatments that can keep you alive and active for a long time.

To get over your feelings, let yourself grieve. Keeping your feelings inside is not healthy and can cause more health problems, anger, and bitterness.

Talking with others can help. Some people you might talk with include:

- Patients who've had kidney failure a while
- Family
- Friends
- Your social worker
- A religious advisor
- A therapist

Getting back to doing things you enjoy or finding new things that you like to do can help you see that you can still have a good life even if your kidneys don't work.

What I can do to get over my feelings of betrayal:

- Expect it to take longer than I'd like to adjust to kidney failure.
- Identify at least one person I can talk to about my feelings.
- Ask my social worker, other patients, family, and friends to listen and encourage me when I need it.
- Ask my doctor to suggest safe exercises I can do, and start being active each day (this will help me fight depression).
- Do things I enjoy that make me feel worthwhile.
- Visit module 5 of Kidney School™: *Coping with Kidney Failure*, at www.kidneyschool.org to learn more.