

Common Emotions at Diabetes Diagnosis

"I visited the doctor's one day so he took a blood sample and called me I guess about a week later, so I said, "Well, I didn't know I had it but if you found it let's see what we can do with it.""

"I do have a there's a history of it in my family. I don't think that I was particularly shocked to hear it."

"It was a bombshell. Kind of like, it hit me so hard I broke down in the office."

Everyone reacts differently to finding out they have diabetes. But one common emotion is denial.

"Really?! Like hell. Gee? Me?" <laughs> That's it. That's how it went. But I had to adjust. And that's what I did a little."

Once you move past denial and admit to yourself that you have diabetes, you may be faced with a whole new set of emotions. It is also common to feel guilt; you may blame yourself or feel like you have let your loved ones down, frustration, anger, embarrassment, fear...

"I was angry with myself, because I knew what to do, and I did not. So since diabetes is a preventive disease, I did not do what I needed to do to avoid it."

"When I was told that I had full-blown diabetes I was floored and "shock" would be the first adjective, "fear" all capitalized, in italics and in bold that would be the second one; I would say "lost" would be the third. I didn't know what to do."

It is common to feel a lot of different emotions when you have diabetes. The feelings you had when you were first diagnosed will change over time. But how you deal with these emotions is key.

If you are having trouble moving past these initial feelings, or feel you are stuck, meet with your diabetes care team. They can help you address these emotions to move forward.