

# My Story 012

**Since March 2007, Stitchlinks have been asking people to tell us their Story, and also asking whether knitting and stitching has been helpful to them.**

All Stories are voluntarily offered and anonymity is guaranteed. Only once we have been given permission do we publish so that others can appreciate, take inspiration and draw comfort from them.

This booklet is one of a series that contains a small selection taken at random from the long list of Stories we have received. Each is reproduced as it was entered on the online survey form, with the only exception of taking out any way that individuals can be identified.

Read at your leisure and be fascinated, comforted, thrilled, encouraged and inspired.

You are not alone.

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**Story 72**

*"..cross stitching is something I can do and is very relaxing"*

I have Muscular Dystrophy and arthritis. I am physically unable to do many things, but cross stitching is something I can do and is very relaxing. The stitching of a beautiful project is satisfying personally, and make wonderful gifts.

**Story 139**

*"...knitting helped me ... think through some issues without having to give my whole mind to them"*

I learnt to knit at a child but took it up again properly when I became very depressed and had my third serious episode of depression but the first one to end with me in a psychiatric hospital.

I lived in for 3 weeks during which time I was knitting away on a white cotton top using a very 80s pattern using, in retrospect, completely unsuitable yarn and the wrong size needles. The knitting helped me while away the down time between therapy sessions and think through some issues without having to give my whole mind to them - this may sound contrary but these things were issues I felt uncomfortable thinking about and would usually avoid but with knitting taking up part of my headspace it felt safe to give the rest over to the actual problem.

That was three years ago and my recovery is still continuing slowly. During this time my knitting has improved hugely. I now knit during every spare minute and use my knitting achievements to force myself to accept that I am good at knitting (when I can't convince myself I'm good at anything or that my life is worthwhile) when I am getting into a downward spiral.

I've since met with vast numbers of knitters, spinners and crocheters via a regular knitting group, knitting holidays and my blog, where I also write about my depression.

**Story 188 From Email**

*“Cross stitching is more than a passion to me, is my life !”*

How are you ? I hope you are fine. I read the article that came in the Cross stitcher magazine and wanted to write to you, as I feel like to as for the past few days, my life has not been heaven exactly.

Im almost 30 years old (will be in october), so that makes Im 29 for the moment, I live in Mexico City and have been unemployed for almost 7 years, that is because I took time to study a degree in art history and took 2 years, then I got my english teacher certificate and tried to work with children, teaching, but I discovered that is not my league.... Im an executive bilingual asisstant and that is what I want to do and have done, as I have previously worked for several companies, but here jobs are very difficult to get.

Cross stitching is more than a passion to me, is my life ! my entire life, means everything !!!!! there is no day without stitching... I can not stop stitching, once a friend told me im a “stitchaholic” and yes I am.

I can tell you that since I left school and havent been able to find a job stitching has become more than my therapy is my companion and it has to be a design that I like and enjoy doing. For the moment Im concentrated with margaret sherry and tatty teddy bears that is all I do for now but I have done larger designs always I stitch large designs.

Between searching for a job and family problems it has been my medication. I have to go through a loss 3 years ago as my cousin passed away in one day and her mom passed away 4 months after her daughter. Stitching helped me.

But unfortunately problems dont stop there. I have been dealing with an alcoholic and agressive Father for all my life and that is very terrible to be dealing with every single day. I love my mom and I know she does everything she can to keep the family together but she is tired as she has been fighting all her marriage with my dad’s problem. Now my parents are older and he is almost 70 years old and he still makes life miserable. As Im the youngest of the house I still live with my mom and dad and have to hear and also discuss with him when he insults my mom and myself.

I just think that if it were not because of my stitching I think I would probably be very very sick and I dont know where I could be. Im very blessed in having the mom I have as we are very good friends. Well I just wanted to tell you my story part of it and also to vent a little as I think I need to do it so. Thanks for taking time to read my letter. Greetings XXXXXX

**Story 228**

*"It is a relaxing hobby"*

I wouldn't say knitting or crocheting has actually done any of the above, and I think I ought to say so. It is a relaxing hobby, and I enjoy the sense of achievement of making things, but that's all to me.

**Story 60**

*"Knitting is the best therapy for me the colours are the key."*

Gosh how do you write in a nutshell what I have and how my hobby knitting and sewing has helped with my ongoing illness crohn's disease, a cronic debilitateing ongoing illness that at times has taken my confidence selfworth and the feeling of being no use.

At 46yrs I did get married had two lovely children moved away from my family an firends to a new town because of my husbands job, was diagnosed with this illness 6 months after having my first child then I guess everything went down hill after my marrage didn't last it put a strain on everything.

But I had my children and that kept me going knitting mostly soft toys then because they were young and they liked fun things, it was relaxing to knit at times of pain even though I was exhausted it made me feel useful and pleased that I had produced something that light up my childrens faces when they were tucked up in bed clinging to a cuddley teddy I had knitted.

So now you must think well everythings not to bad things could be worse, yes it could there are many bad things happening in the world today. But now you see my children are grown they don't need a knitted teddy, I have had to give up work at the moment because of the illness so I am at home more on my own for much of the day.

So my knitting pins are out once again and I knit mostly for myself, unless my daughter or son want a scarf which I gladly do and then I go mad with the colours and have to stop myself. Knitting is the best therapy for me the colours are the key.

Telling Your Story helps others to appreciate their own circumstances. Please help by completing the survey at [www.Stitchlinks.com](http://www.Stitchlinks.com)