

QUOTES I

FROM CROSS STITCHERS. 2005

This document and all subsequent documents on the same subject have been compiled directly from letters and emails that have been sent to us at Stitchlinks.

Names have of course been omitted to preserve anonymity, but all have given us their permission to quote them.

These quotes were sent to us during the early part of 2005 when the idea of Stitchlinks was being developed and investigated.

They are not presented in any particular order because they are all inspirational.

Very significantly, we receive them from people across ALL age ranges. In fact, the mid-point of ages of our correspondents seems to be about 35 years of age.

We strongly urge you just to dip in at random.

But DO have a look at the very last page.

You are not alone.

November 2005

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"Without my stitching I don't know where I might have been today. How I have blessed that little butterfly (my first attempt). I've just gone from strength to strength and don't have time to think 'Where hurts me'.

"My little butterfly was the start of my new life."

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"When my mind is going around in circles and getting nowhere fast the cure is to pick up my cross stitch and spend some time unwinding and making something beautiful."

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"What a sanity saver it is to be able to pick up my stitching and forget it all."

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"I have always found cross stitch to be a wonderful therapy – it is so great to be able to paint pictures in threads rather than paints.

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"The OA in my hands can be painful but I find that cross stitching helps rather than hinders me in that department."

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"I tried to end my life unsuccessfully – this will I hope show the state I had gotten into - I was in a wheelchair and had no interests whatsoever, everything I had done in the past was gone. I could not hold knitting needles, crochet was too difficult to follow and I did not want to sew on my machine beside which I could not lift it up to the table or stand for long enough to press a garment.

For the first time in my life I was depressed big time...

Then my daughter bought me a cross stitching kit ... At first I was only able to work a couple of rows at a time but I found that as time went on I was getting up and looking forward to getting the cross stitch out, before long I was at it all day and when I finished the first picture I was so delighted – my husband had it framed and the feeling of achievement was great.

I soon found that I was able to purchase everything I needed without going out of the house – I was in heaven and I had started to feel that life was worth living. Best of all I was able to focus on a job and have made lots of new friends buying supplies over the internet and through the penpals pages of the magazine and finally after six years I can smile and laugh again. Yes I'm still in a lot of pain and have the odd day where I'm depressed but I can pick up my stitching and I feel good inside again. Cross stitch has saved me and made my life easier to handle."

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"My cross stitching project has given me a focus and something positive to work on. I look forward to the evenings when my son is tucked up in bed and I can have 'my time' doing what I enjoy."

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"Writing out my story has made me see just how far I have come in the last few years."

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"Life is really worth living once more and the days are no longer boring."

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"When I was 20 I had a breakdown and was extremely depressed. I needed something to distract me from my problems and keep me busy. A friend bought me a cross stitching kit and as well as helping me pass the time, I felt proud of myself when I completed it and was delighted with the compliments I received from staff and patients. It raised my self esteem higher than it had been for a long time.

Now whenever I get a little stressed the best thing to do is to grab my cross stitch and take a couple of hours out from the fast moving world."

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"Cross stitch helped me through a very worrying time and still does."

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"You have to concentrate and you can lose yourself for long periods."

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"I found I wasn't harping on about my pain so much and I started looking forward to tomorrow instead of dreading it."

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"I have such a lot to thank cross stitching for. From sitting in my wheelchair, bored, unhappy and in constant pain, I now find myself eager to get on with it. I still have the pain of course, but cross stitch helps me forget it for a while."

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"Thanks again, you have changed my life!"

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"Cross stitch keeps me sane and I try most days to do some."

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"I think cross stitching will help to improve the quality of life for people with disabilities, both mental and physical."

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"Cross stitch has helped me get through my problems when I was suffering from depression and panic attacks."

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"I use cross stitching as a way of calming myself down when I start to panic."

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"I chose not to take medication and now when I start to feel a panic attack coming on I can sit down and set my mind on concentrating on my cross stitch and it will pass."

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"I have found cross stitching and the group sessions I've attended equally helpful and I am now able to move on with my life. I'm back at work and I'm going out on my own without panicking."

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"When my husband was told he had cancer, I would take my cross stitch with me to hospital when I went to see him. He had to rest, so my cross stitch helped me cope."

As time went on my husband had bad days and nights and I turned to my cross stitch.

I am now on my own but my cross stitch has become my best friend – it helps me get on with life."

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"I would not have got through, if it was not for my cross stitching."

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"I was a prisoner in my own home, my health took a turn for the worse and I'm not able to walk, but I don't mind. My husband bought me some cross stitching magazines with free kits to cheer me up and suddenly my world has opened up again."

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"The best part about cross stitching is the therapy it provides. Just think if my husband hadn't bought that first cross stitch magazine, I may not have been here to tell the story."

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"There is something you can do in the light of tragedy and bring out a way of dealing with it."

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"Thank you for letting me help you, it is good for me because I sometimes feel that people don't listen, a good confidence booster!"

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"Cross stitch helped me because it was like I entered my own little private world whilst I was working."

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"Cross stitch was definitely my therapy, it kept me sane as I could lose myself and block out everything around me."

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"Cross stitching took my mind off my condition and gave me an interest outside myself."

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"Cross stitching has been very therapeutic as I am happy when I am cross stitching."

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"I would encourage anyone with a disability to take up cross stitching. It has proved to be a tremendous blessing to me."

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"The only things that have kept me going through all this is the cross stitching and the love and support of my husband and daughter. I really do believe things would not have worked out quite as well without the cross stitching and I've made one or two really nice friends along the way."

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"I've found lots of new friends through stitching."

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"Being disabled and unable to go to the places my daughter loved to ease my grief I found that stitching helped more than I thought possible. I felt close to her and still do."

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"When my mind works overtime, cross stitch lets me concentrate on something else for a little while."

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"When my pain is really bad I am bed ridden, so to make myself better I cross stitch."

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"Cross stitch helped me come back into the world and has given me the confidence to make new friends and even though they know I'm a wheelchair user, they never see me as disabled, but as a fellow stitcher. It's a wonderful sisterhood and we all share one thing in common, a great love for cross stitch."

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"I believe cross stitching is extremely helpful in helping to relieve the stress of depression, grief, illness, even disability. I personally find it very soothing and inspirational especially when you see your stitching come to life. It gives you confidence to chat with other like minded people and through the mags make new friends."

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"I was in and out of hospital all year and I bought a small cross stitching kit just for my hospital visits and I have never looked back."

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"Cross stitching is therapeutic and helps me calm my nerves. It's very relaxing and it has helped me keep my sanity. In times of desperation I turned to my cross stitch. I can honestly say it has been a lifesaver."

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"Cross stitching had directly contributed to the easing of the effects of my wife's Cerebral Palsy. It has started to loosen the tendons in her wrists and hands and fingers.

<She> now has about 50% more movement in her wrists and hands than she did prior to starting cross stitching.

Her hands and wrists are also now much stronger. This has helped her with the simple everyday tasks we all take for granted.

She can now hold a mug of coffee without the fear of dropping it; hold a hosepipe in the garden and type on her keyboard more quickly."

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"Our daughter started to do cross stitch when she was in hospital flat on her back after an operation to repair a damaged spine. We took her in a small kit to stop her looking at the ceiling."

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"Stitching definitely improves my life and helps me cope with my long periods of rest and hospital treatments."

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"Cross stitching renewed my confidence every day and I was able to bring pleasure to other people at the same time."

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"Cross stitching has really changed my life and given me so much to do and to look forward to."

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The times when the pain got bad and I had to rest, I used to pick up my kit and get lost in it for hours."

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"It seems strange to say but this new hobby has almost saved me mentally."

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"Stitching is the thing which has kept me going. I look forward to my work becoming a picture. In my worst moments stitching kept my mind and thoughts off my problems. I think about the person I am stitching for and the pleasure it will give them."

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"Maybe someone in a similar situation may read this and it will help them to know they are not alone."

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