**Guided Weekend Writing Fluency**

**My entire weekend can be symbolized by pain. Pain was the main part of my weekend. I pinched a nerve in my back that has made everyday activity almost unbearable. There has not been a moment during the last three days where I wasn’t in pain. Every time I move sharp pain shoots through my lower back through my buttocks through my right hamstring and into the back of my right knee. I tried pain pills, ice, and heat and none of it brings me relief from this pain. This pain symbolizes my inability to take care of myself. I can take care of everyone else around me in my life but I have trouble taking care of myself. My next step is to go see a chiropractor: my appointment is today at 2:45.**

**The pain I was in all weekend had me stumbling around like the walking dead. My movement was all choppy and impaired like a zombie. I was moaning and groaning like a “rotter.” At times I wished my lower leg would just fall off so I could get some relief. Because I was in so much pain, I was not able to do my regular chores around the house and for school. Now that I am so far behind I need to hunt these things down and take them out so I’m not worried and filled with stress all week. I will survive.**