

Dear Doctor,  
Here is my story:

Actually having ECT wasn't the worst part of ECT. They lined us up in a little room in tiny hospital beds and the person at the far left of the room was the one actually getting the ECT, then they would rotate us. There was a sheet hanging in between myself and the person getting ECT. There was about a 6 inch gap in the sheet in between our heads and I could see everything that they did. It was horrific. I still have nightmares about seeing that man shocked. Like anytime someone sees something traumatizing I will NEVER forget.

For weeks I had bruises from falling, and I couldn't eat solid food because my jaw was so sore, and now I still don't remember most of my childhood, or what I had for breakfast.

Tabitha Eddington