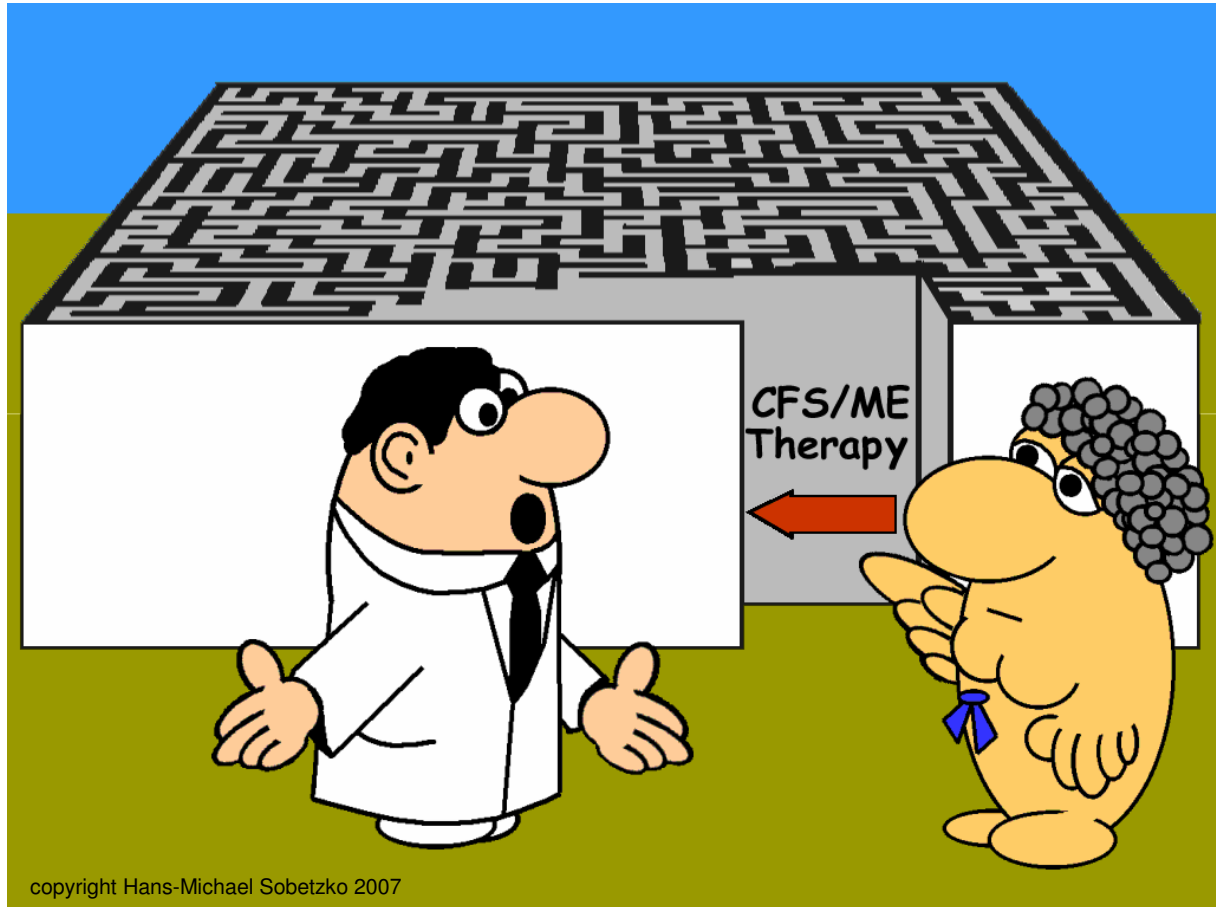


CALENDAR 2008



*Yes, sure, the treatment *is* very difficult.
But I can't think of anything better.*

CARTOONS ABOUT LIFE WITH CFS

BY

HANS-MICHAEL SOBETZKO

Laughter is psychotherapy*



* without the steep hourly fees,
useless analyses
and severe side effects

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JANUARY



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This colour composition exactly depicts what a "bad" day feels like with CFS/ME. On one of my "better" days I guess it would change to a darkish gray!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2.	3.	4.	5.
6.	7.	8.	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.	19.
20.	21.	22.	23.	24.	25.	26.
27.	28.	29.	30.	31.		

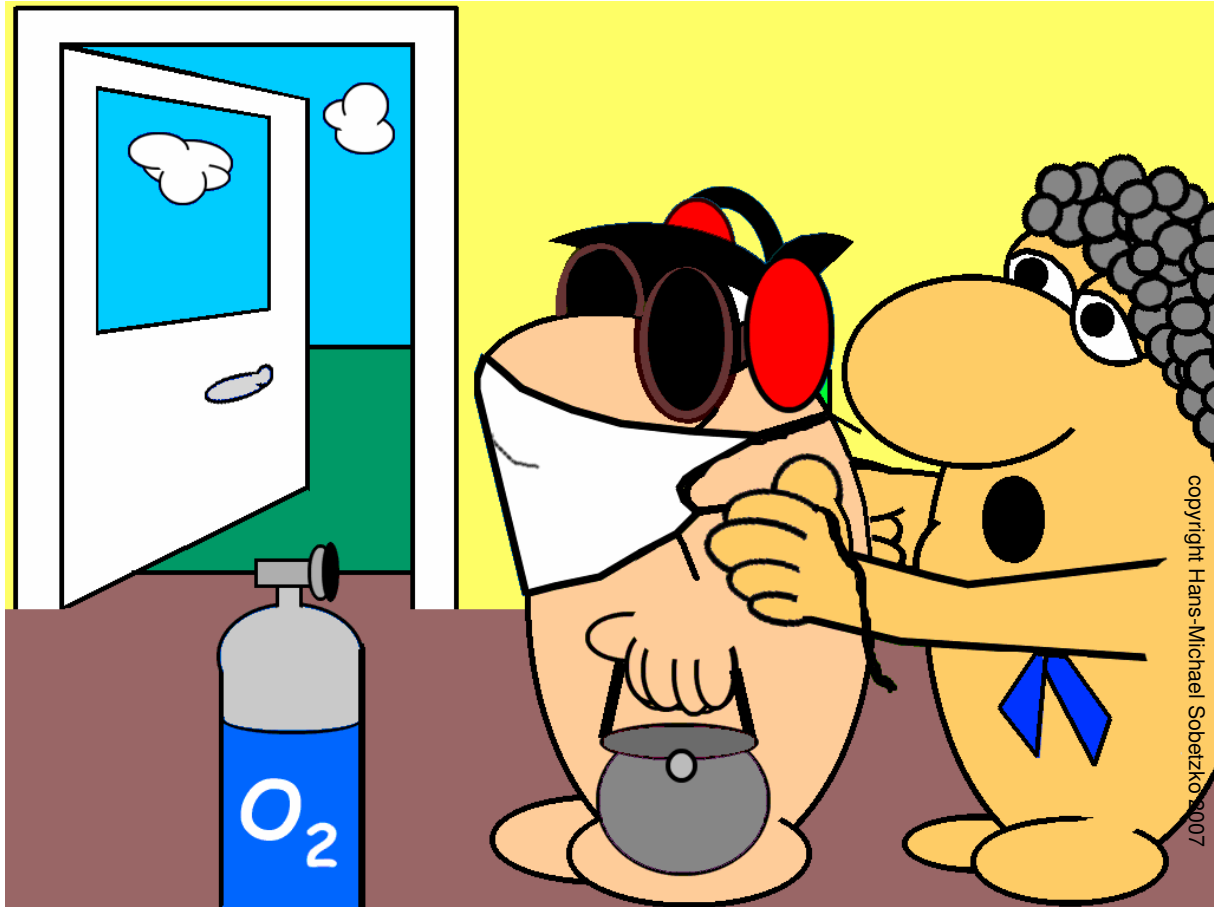
FEBRUARY



Emmy felt that her GP didn't take the severity of her symptoms very seriously.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2.
3.	4.	5.	6.	7.	8.	9.
10.	11.	12.	13.	14.	15.	16.
17.	18.	19.	20.	21.	22.	23.
24.	25.	26.	27.	28.	29.	

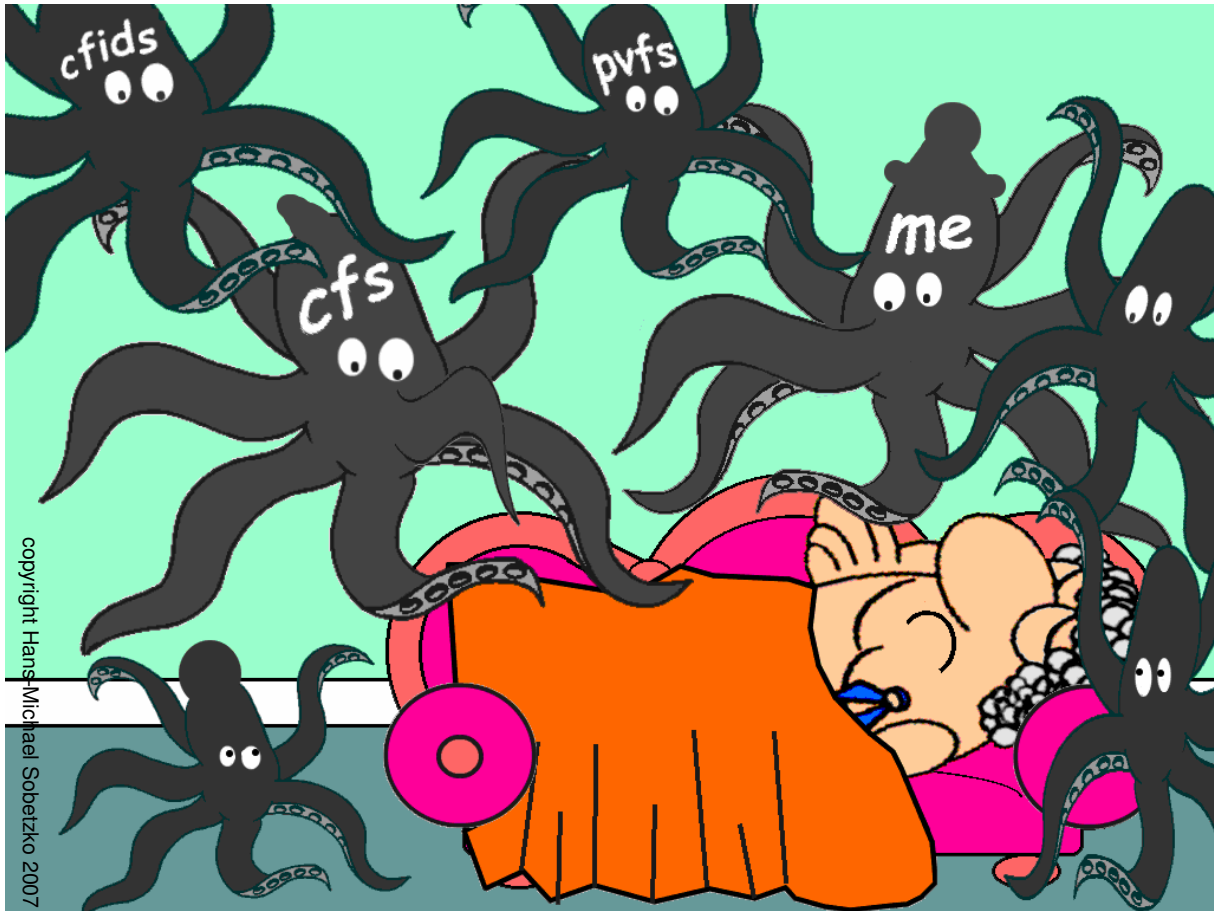
MARCH



Even though your sensitivities and your exhaustion are extremely bad today you shouldn't interrupt your routine - go and do the shopping!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3.	4.	5.	6.	7.	8.
9.	10.	11.	12.	13.	14.	15.
16.	17.	18.	19.	20.	21.	22.
23.	24.	25.	26.	27.	28.	29.
30.	31.					

APRIL

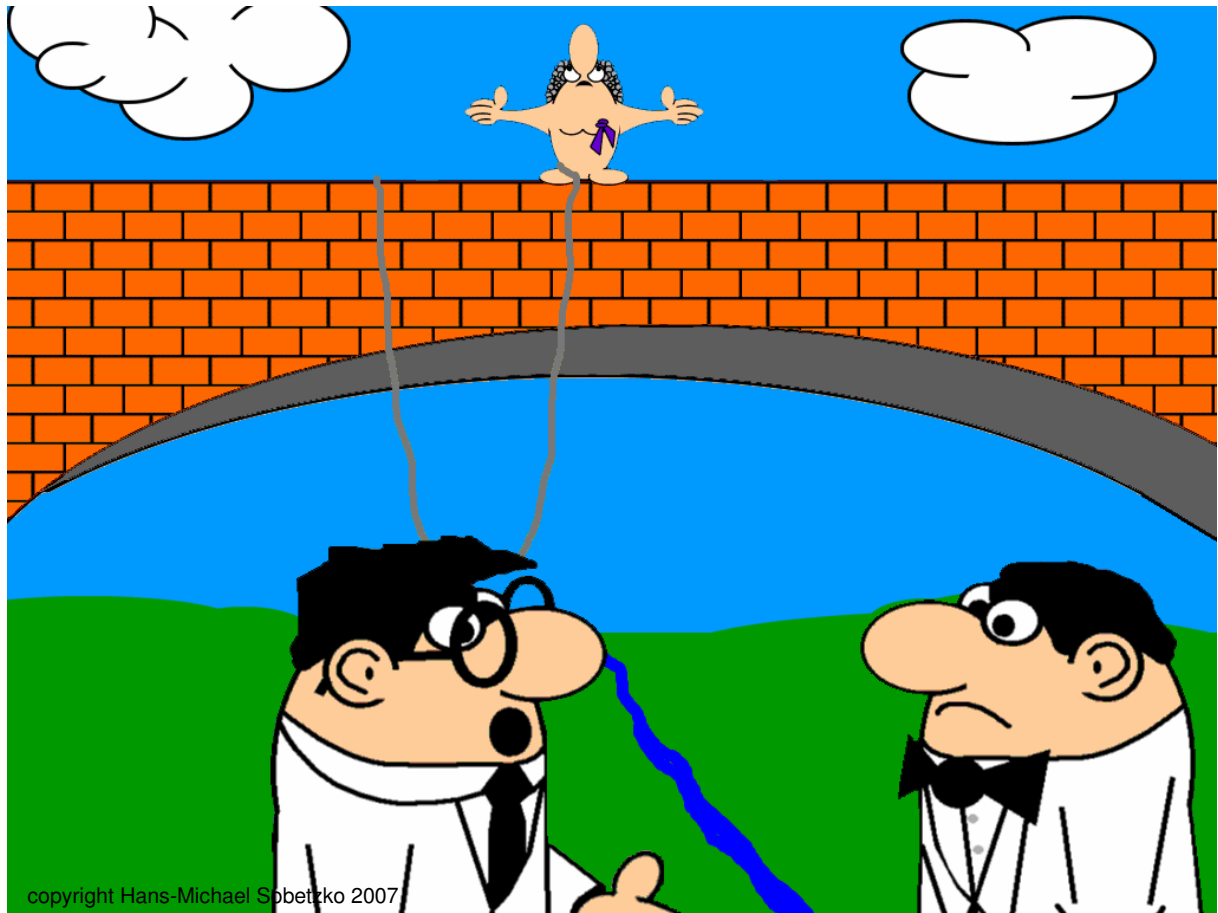


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Whenever Emmy finally managed to fall asleep she was haunted by these horrible nightmares.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2.	3.	4.	5.
6.	7.	8.	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.	19.
20.	21.	22.	23.	24.	25.	26.
27.	28.	29.	30.			

MAY

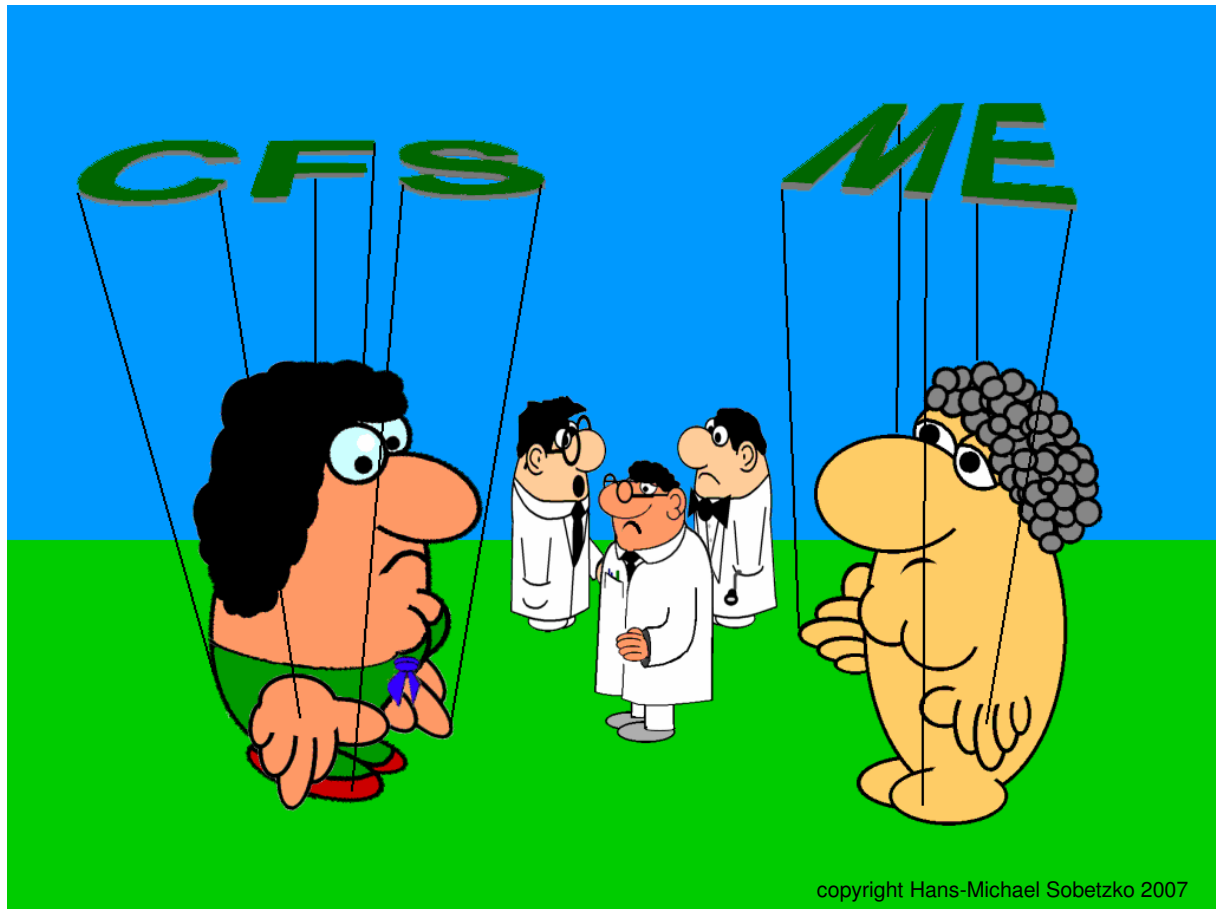


Why should she be afraid of bungee jumping? It's just like CFS/ME - after one big leap you always bounce up and down for a while.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1.	2.	3.
4.	5.	6.	7.	8.	9.	10.
11.	12. 	13.	14.	15.	16.	17.
18.	19.	20.	21.	22.	23.	24.
25.	26.	27.	28.	29.	30.	31.

 = International CFS Awareness Day

JUNE



They all say that CFS/ME controls their lives so there's obviously more to it than meets the eye.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
22.	23.	24.	25.	26.	27.	28.
29.	30.					

JULY



On a bad day she simply wants to be left alone.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2.	3.	4.	5.
6.	7.	8.	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.	19.
20.	21.	22.	23.	24.	25.	26.
27.	28.	29.	30.	31.		

AUGUST



My personal weather forecast for today: walking on air and having brain fog. Obviously a low is in the offing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2.
3.	4.	5.	6.	7.	8.	9.
10.	11.	12.	13.	14.	15.	16.
17.	18.	19.	20.	21.	22.	23.
24.	25.	26.	27.	28.	29.	30.
31.						

SEPTEMBER



I think she wanted to express her dissatisfaction with our new treatment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.	13.
14.	15.	16.	17.	18.	19.	20.
21.	22.	23.	24.	25.	26.	27.
28.	29.	30.				

OCTOBER



Today, she adhered exactly to the exercise programme her GP set her. Trouble is, she didn't manage to adhere to his predicted outcome ...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1.	2.	3.	4.
5.	6.	7.	8.	9.	10.	11.
12.	13.	14.	15.	16.	17.	18.
19.	20.	21.	22.	23.	24.	25.
26.	27.	28.	29.	30.	31.	

NOVEMBER



Yes, the seminar does seem a bit weird, but the instructor's commitment is beyond all doubt.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3.	4.	5.	6.	7.	8.
9.	10.	11.	12.	13.	14.	15.
16.	17.	18.	19.	20.	21.	22.
23.	24.	25.	26.	27.	28.	29.
30.						

DECEMBER

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I'm sorry, we'll have to cut short the Christmas party - Charlie's having a bad reaction to your beard growth enhancer.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.	13.
14.	15.	16.	17.	18.	19.	20.
21.	22.	23.	24.	25.	26.	27.
28.	29.	30.	31.			

Thank you, Regina Clos and Lynne Kersh, for helping with translations

You will find information on Chronic Fatigue Syndrome on this website:

www.cdc.gov/cfs

You will find information on Chronic Fatigue Syndrome on these German spoken websites:

www.cfs-portal.de

(a site provided by Hans-Michael Sobetzko)

www.cfs-aktuell.de

(a site provided by Regina Clos)

www.fatigatio.de

(a site provided by Fatigatio e.V.)