

**[VIDEO TRANSCRIPT]**

**ANNOUNCER:** Welcome to Straight Talk About Diabetes, with me, your straight-talkin' host, Erron Jay!

**ERRON:** So I understand that you, uh, take insulin.

**AMY:** Mm-hmm. So for quite some time my diabetes was changing, but I didn't know.

**ERRON:** Okay.

**AMY:** So when I went back to see the doctor, and I go in and we have the conversation where, "You're going to have to take insulin."

**ERRON:** Gotcha.

**AMY:** I took it very negatively, and, and, again, you know, you've got to remember I'm still in a place of fear. Right? So now one of my worst fears is coming true, and that is, wow, I must be really bad if I have to take insulin. Okay? Because only the really bad ones take insulin. Right? I mean that was my misperception.

**ERRON:** Right.

**AMY:** But it was still my perception. So that kind of flared my, my, um, my denial again, because, because, again, the whole denial, you know, my denial was all based on fear.

**ERRON:** Yeah.

**AMY:** And I'm a thinker. So it was like, you know, this is really what's going to help, and then, of course, the lizard side of my brain takes over and is like, "But I have to—it's a shot!"

**ERRON:** Right.

**AMY:** "It's going to hurt." Right? So, okay. I'm a nurse. Right?

**ERRON:** Right.

**AMY:** I can give shots to everyone. I can give shots to—yeah, not a problem. I can give shots without a problem. But giving it to yourself?

**ERRON:** That can be a big one.

**AMY:** That's a whole other story. So finally, finally, finally, I, I put the needle on, I prepped the pen. I kind of took a big, deep breath, and boom, I did it. It was kind of like [sings], I did it!

**ERRON:** Achievement unlocked.

**AMY:** Yes. The, the key to that whole thing—

**ERRON:** Mm-hmm.

**AMY:** —was, six months after I had started it, when I went back to the doctor, and she checked my A1C and she looked at my glucose logs, and we saw progress.

**ERRON:** Okay.

**AMY:** And it's like, wow! I can do this!

**ERRON:** So you just had to rip the Band-Aid off.

**AMY:** I did. I did, and it was—

**ERRON:** You just had to do it.

**AMY:** Yeah, and of course it wasn't a fast pull. Right?

**ERRON:** Right.

**AMY:** You know, it took me a while.

**ERRON:** It takes a little bit longer.

**AMY:** So it was like, eek, eek, eek, yeah. So then it was kind of like, okay, okay, I think I got this. Okay, I think I got this.

**ANNOUNCER:** Stick around for more of Straight Talk About Diabetes.