

Elizabeth's Story: Dreams

Elizabeth wrote her own story.

“There are some people, who live in a dream world, and there are some people who face reality, and then there are those that turn one into the other.”

Douglass Everett

My name is Elizabeth Sobecki and I have Relapsing Remitting Multiple Sclerosis (RRMS). I'm 19 years of age, still living at home and I live every moment to its absolute fullest.

I was diagnosed in late 2007 when I was 15, nearly 16—very young. It was scary, but I fought on and just tried to remain positive. When I was 9, an MRI showed my very first lesion in my brain. Doctors told me I just had mild Cerebral Palsy and to continue living my life as per normal. Wow, they were wrong.

Throughout the years I have gained a lot of strength and determination. Having MS just makes me even hungrier for my goals. I can do this, no matter the fight I have to put up; I will not give in to this.

In 2009, I was selected to be a part of the Australian National Para-Equestrian Dressage squad and I am still a member to this day. My horses, friends and family were the only thing that really kept me going when I was first diagnosed, and they still continue to pull me through the extra tough days now.

Last year I qualified for the World Equestrian games—and now I am on a mission to get to the Paralympics in London in 2012. Having such an enormous goal like this really makes me motivated and keeps me positive. I have bad days, but I also have good days—so I try to not dwell on the bad, but focus more on the good things in life.

Living with MS has certainly changed my life. It makes such a simple thing, like lifting your legs out of bed in the morning, a great challenge. But you just should never give up hope! After all, I have MS, MS doesn't have me.

My left side is weak, and I have very poor vision in my left eye. Chronic fatigue and nausea seem to follow me wherever I go, but it still doesn't stop me from getting back up on my horse each day.

When I can't walk myself, my horse does for me—four legs are sometimes better than two! I have been riding horses since I was 9 years of age. I always had a passion for riding but I never realised how much of an impact it would have on my life. My horses just make it all seem worth it.

Don't ever let anyone tell you that something is impossible. If you believe you can do it, then you can—you only have yourself holding you back. The mind is a very powerful piece of equipment, don't take it for granted. Life is a bumpy ride, so hold on tight and make the most of it.

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