

The Cost shift cycle and the system.

I have been suffering anxiety and depression ever since I can remember. Coupled with inherited DNA, family circumstances, the socio-economic environment and the parental and family influences I was born into, I have tried hard to distance myself from becoming THEM.

Anyway, as it turns out, by the time I was 19 I was properly diagnosed with anxiety and depression. I set out on this journey to cure myself of this terrible and screwed up disease. Only to find out that you can't change your DNA, your parents, and the circumstances that occur while you are growing up. So, I couldn't CURE myself of this disease and remove the parts of my DNA, I thought a lobotomy or shock therapy could be the answer, but I researched that, and it isn't good.

I have taken myself to counsellors, psychologists, gp's, researched, bought and read many books and articles, had discussions with friends and family, taken my medication and utilised diet, exercise, weed, tobacco, alcohol, MDMA, Speed, and magic mushrooms.

I was very successful career wise for a short period in my twenties before I had two car accidents where I was rear ended with the second one causing me permanent damage and me resulting in having a reduced capacity to work. I went from working over 40 hours per week and earning over 50k per year to only been able to work 15 hours per week.

For over 12 years I have suffered the highs and lows and setbacks that resulted in me being completely in control of my life and being able to afford a lifestyle to being hurled back to the poverty stricken childhood I experienced especially once my parents split up.

I actually worked in insurance and at the time of my second accident, I worked for NRMA CTP insurance in the ACT. Ironically, the way I was treated by the company I worked for and the solicitors that used to help me in defendant claims turned out to be psychologically disturbing to say the least. This fantastic experience lasted 3.5 years, resulted in me having to give up working full time, resulted in me losing my permanent job in the public service, enduring endless tests and treatments to diagnose, treat and form a prognosis just so I could get a measly pay out and be on Centrelink for the rest of my life.

So, I tried hard to get back into the workforce at the same level I was before. I was rejected countless times, so many I can't even begin to remember. I was rejected by my then boyfriend's family as they had no ability or intelligence to understand the complexity of such a situation. I was made to feel unworthy, useless, incapable and rejected. I did become successful again at some point by the age of 28 and 29. But that was after 4-5 years of treachery so unfortunately, my lovely little injury popped itself up and despite all my self management of what I had been taught and trying to maintain osteo, massage and exercise and stretching, made it apparent that me trying to be the fancy corporate girl with money I once was, was no longer going to cut it.

I lost several jobs as my injury stacked against me time and time again. You see, what I had learnt that, even if the system that is there to support you and not discriminate against you due to non-fault, once you utilise this system, because you have no choice, you are reduced to a problem. Every employer is unwilling to employ you because you have a past. A past that isn't your fault and is due to someone else's negligence results in you being rejected and discriminated against because now you're damaged goods and will most likely cost this new employer money even though you may be capable and intelligent. Money is the most important thing in our society and once you're damaged you're SCREWED!

Just like a brilliant SAS forces soldier gets treated if he is injured and medically discharged. They take a perfectly healthy human being and train them to be a lethal weapon. Once they use you up and you are no longer "Fit for Duty", you are disposed of and given no support or help for the loss and sacrifice you endure for these people who then decide you are no longer useful and give you no support.

Our society is Screwed in terms of cost shift and blame. It's all carefully monitored by these special little people called actuaries who are like special accountants for insurance and super. They work out special formulas that decide based on what you do and what you now can do how much money you will receive. It's all lies, as the insurer is designed to give you the least compensation and draw it out to the point you are physically, mentally, and emotionally exhausted and want to kill yourself so it can be over. Then you finally get given some lowly amount of "COMPENSATION", which is meant to help treat and sustain you for the rest of your working life. LOL! biggest load of rubbish that we are made to believe.

Then once you are done going through that, and if you survive, you can go through re entering the workforce! This is the really fun bit where you have to overcome hurdles beyond belief and be treated like you never thought was possible, especially after going through the statutory compensation scheme. Which is really laughable as you pay registration and insurance for your car, and then if you use it because some negligent idiot rear ends you and leaves you with a permanent injury you get screwed and left to prove your self-worth and capability for the rest of your working life.

The fact is, our system is made out to look like it supports you and provides you these wonderful safety nets if something happens. The fact is, once you use it, you are labelled and reduced to a piece of junk.

If it wasn't for my innate sense to prove all the naysayers and rejecters wrong, then I would have given up a long time ago. I did however achieve proving them wrong at several interactions with different people along the way. I have suffered discrimination from many employers since I have had an injury. Unfortunately, I chose, stupidly to go into hospitality and become a fantastic Barista which really was a poor choice considering the heavily governed and regulated industry I was used to. I was used to rights and regulations, a pay scale that was well above hospitality industry standards, and employee protection. I was used to career advancement and incentives and rewards which I was used to receiving as I went above and beyond in all my roles and was rewarded yearly for this. Unfortunately, what I believed was the only option for me to make money and some sort of career took many struggles and resulted in me now having adrenal fatigue and another exacerbation and time off.

I have gone against the fact that I am a person whose job capacity is only 8-14 hours per week. I have persisted for 12 years to prove that I am still the intelligent, capable person I have always been.

I have lied several times to gain employment since I became injured and was given a partial capacity to work. I am not on a disability pension, I still must look for work, and report my earnings, and attend interviews with the employment services provider. Employment services providers are useless. They have never helped me gain any position, I have done all of this by myself. They provide no help or useful service in terms of retraining, help while studying, and I have done all of this and paid for it by myself.

So, how the hell does one survive and gain some sort of quality of life and financial balance? I don't know, I am constantly stressed about finances, I don't have a life. I just focus on how much the rent,

electricity, gas, internet, debt payments, insurances, registration, petrol and food are going to be and if it can be afforded fortnightly. I am constantly focused on how to eat the cheapest way possible, how much my bank account is in minus and if we will eat properly and still afford rent.

Without employment you have nothing, and I have nothing to show for the last 20 years of work.

No sense of enjoyment, no sense of goal achievement, total loss of career growth and advancement. Employers are not interested in people who have problems regardless of how competent they may be. If no one can see your injury, then there is nothing wrong with you. The stigma between mental health and employer understanding is high and is the reason I usually lie and don't tell them I have anxiety and depression. I have learnt the hard way from being honest about my mental and physical health more than once, and so as any person would, I don't tell them anymore.

Unfortunately, I have ended up in a vicious cycle of trying to stay employed, earn money, and managing an incapacity that always results in me having to stop working and find another job.

You can't find a decent career or employment where you can only work 14 hours per week. This is a reality that doesn't exist, and I am left to fight amongst the "normal people" while I have been determined not normal by the system.

The system I pay for, the system I was born into, the system I worked in, the system I contribute to, the system I used that ended up turning against me. The system that doesn't care about the citizen but cares about money. The system that allows huge tax brackets where the rich are the only ones winning, a system that supports discrimination and inequality and injustice. A system based only on money and the elitist progression and running of everything. A system where running around on a field with a ball and gambling is more important than people's minds. A system that can't get it's shit together and progress for the good of it's people, but rather the good of it's inept and inadequate politician's. A system that is broken, a system that is completely broken. A system that still replicates a feudal economy of the dark ages and does nothing to move into the 21<sup>st</sup> century. The system that we are born into, are enslaved to and then die under.

This is the cost shift cycle that has been created as a false safety net in case you become a damaged citizen and cannot pay the same amount of tax you once did.

I keep trying, looking for ways I can contribute and regain self-worth, self-esteem, confidence and improve my self-image. I am lost, I am unsure, I am fearful, I am hesitant, I am scared to tell people the truth for fear of judgement and discrimination that I have endured my whole life.

I am at a loss for how I can be supported and find meaningful employment for another 40 years without protection of the big companies I once worked for.

This is The System called democracy and freedom.