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Recipe for Refractory Status Migrainous

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1. Place two screws in my right temple.
2. Embed forcefully until flush with flesh.
3. Take pliers—hinge them on the bridge of my nose.
4. Squeeze for five minutes every five minutes.
5. Use a paring knife to poke both eyes.
6. Twist.
7. Put three fluorescent lights directly in the center of my gaze.
8. Put another two in each periphery.
9. Use x-ray vision to watch my brain dilate wide like an expecting cervix.
10. Bring me to a dark dwelling.
11. Adorn me with: heat pad around neck, ice pack on frontalis, pillow between legs.
12. Listen to me mutter “shoot me” as the pain throbs.
13. Ignore me. I want to live, just not like this.
14. Bring me an abortive med (at least as a Band-Aid).
15. Read to me in rare asymptomatic intervals. Rajiv’s work is my preference.
16. Tell me you love me, even if loving my invisible illness isn’t easy.
17. Repeat steps 1–17.

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