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Comment from Anonymous

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General Comment

I received SSI for almost 2 decades, am on SSDI now, and had to do a Continuing Disability Review a few years ago. It took much longer than 1 hour for me to do. The first day or two the threat of losing my benefits meant I was paralyzed by anxiety. After that, when I started looking at the document, I got overwhelmed and had to put it aside. Eventually I was able to read what I'm supposed to do, and answer easy questions. The questions that are harder I started to have trouble focusing on because of brain fog, and anxiety over getting it right. Over the next hour or so, I figured out a few and then had to put it aside because my ability to focus went away. Cross-referencing dates of appointments took a while. Hobbies and interests took a while because it's hard to tell if the answer is going to be used to argue you have more ability than stated. Some of the "do you have difficulty doing any of the following" things were hard to figure out what qualifies as "difficulty". Basically, all told, it was probably a week when I couldn't do anything else because of receiving this. And about 3-5 hours of working on the form itself.