(from the episode "It's the End of the World" written by Shonda Rhimes)
Dr. Meredith Grey:

Okay. The man I love... has a wife. And then he chooses her... over me. And

that wife... takes my dog. Okay, she didn't take the dog... I gave it to her. But I didn't mean to give it to her; I meant to give it to him. But that does not change the fact that she has my McDreamy. And my McDog. She's got my McLife. And what have I got? (pauses) Do you know, I

can't remember the last time we kissed? 'Cause you never think the last time's going to be the last time - you think there will be more. You think you have forever, but you don't. Plus my conditioner decided to stop working and I think I have brittle bones. I just - I just need something to happen. I need a sign that things are going to change. I need a reason to go on. I

need some hope! And in the absence of hope, I need to stay in bed a feel like I might die today.