When Equals Win with Hepatitis C

January 3, 2018 By Connie M. Welch

Winning with hepatitis C begins with a “when=win” attitude. Having a “when-win” attitude changes your outlook and can help fuel proactive steps toward overcoming your Hep C. The first step, change your perspective from “if” to “when.”

If you’re going through a waiting period of needing treatment, or in treatment or recovery, you have to train your attitude and focus to shift. It’s not about “if” you’re going to get treatment, but “when.” It’s not about “if” you’re going to get through treatment or feel normal again, it’s a matter of “when.” It makes a huge difference in your day and in your future, and has a big impact on mental health and your physical immune system (reducing stress).

No matter what you’re going through right now, it’s not permanent, it’s temporary. Don’t get fooled into thinking you’re not going to get beyond where you’re at. You might have to go through some trials, but perseverance and attitude along with prayer will go a long way in helping you. You may not know the “how” or date of when, but keep striving, working and praying towards the “when win” steps you need to take.

Look for the possibilities and opportunities each day to appreciate the good that’s going on all around you and know that what’s in front of you is not bigger or stronger than God who has gone before you and also walking beside you to give you the strength and help you need for today. I guarantee there is a lot more going for you than you realize, shifting your focus and attitude to “when” helps you not only live with hope of getting beyond where you’re at, but lifts the dark clouds of depression, frustration and worry. So who doesn’t need that?

Perspective and Perseverance go a long way in every area of your life. Don’t settle or nest on the “what if’s” my friend. No matter what you’re going through, this is NOT the end of your story! Keep striving toward a better life. No matter where you are in your faith, the step toward turning to God and giving it all to Him is key toward a “when win” life.

Don’t misunderstand me, Christians don’t have an easy or rosy life, we all go through trouble in this life. Jesus said in John 16:33, “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

What this means is with a personal relationship with Christ, we can have peace in the midst of trials and challenges we face because we have living hope, we have “when win” in our lives because of Him.

A former pro football player explained how having a “when win” attitude and relationship with Christ changed his outlook on his life and the steps he took. Michael grew up with his father giving him wisdom and encouragement has he struggled with life and playing sports, he told him, “when you make the team….” (NOT if you make the team), “when you achieve this step….” (NOT if you achieve this step). Michael stated this helped him see his steps through life through a “can do/nothing is impossible” lens not a defeated one.

Remember this nugget, “Rejection is just Re-direction” in life. If you haven’t defeated Hepatitis C yet, your opportunity is coming my friend, don’t give up. If you didn’t grow up with a parent giving you wisdom and encouragement, I’ve got good news, you have your Heavenly Father who is giving you love, acceptance, understanding, instruction, wisdom and encouragement to have a “when win” life.

Nest on these thoughts and pray about shifting your thoughts from “if” to “when win.” Your life is worth it my friend!

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