Hepatitis and Feelings

October 8, 2015 By Matt Starr

Shame. Isolation. For many of you, if you suffer from hepatitis C or liver disease, these feelings show up. The root of the shame, at least for me, is based on past responsibilities and the pride of providing for my family with a decent teacher's salary and family benefits. What about you? Do you feel shame from carrying this virus? Where do you think it comes from?

Apparently, I'm not alone. It gets complicated for many with hepatitis C. I did some research through interviews and conversations, and a high percentage of those with hepatitis seem to be unwilling to engage much with others about their situation. According to what people say, the shame about how the virus was contracted in the first place plays a big part in their reticence to share. People always used to ask me how I got hepatitis. I rarely said more than "I don't' know." It's embarrassing.

That was my experience. How about you? And, what can you do to escape? I know how I did, and I hope you can find help for yourself through my experience. You can move forward, away from shame. Strategies and positive actions to get what you want from life are help accept what your life is now, and to love your life and live without shame. Eating fresh, nutritious food; find exercise that feels good and you can tolerate, preferably outside; doing peaceful, heart bases practices; live with a positive attitude that is based on finding and reaching for a Life Purpose.

You may drift into thoughts of how this happened to you.

But it did happen, and now, here you are. I know how shame affected me, and want to help you if you are being affected as well.

I'm sure many of you feel similar versions of this shame if you contributed to your own health problems. Examples of this are many: lung cancer from smoking; problems from excessive alcohol intake; diabetes from too much sugar and lack of exercise; obesity; HIV; hepatitis, and many more diseases begin from lifestyle choices that come home to roost.

But, apparently, hepatitis C and liver patients are generally the most silent. Can you break that pattern? If you want to talk, I'd love to hear from you. I can be reached at starrman75@gmail.com. This journey of healing is hard to do alone. I am offering help. You want some? We all need to punch that shame in the nose and move away from isolation, towards positive thoughts and actions, making changes in our perspectives as needed. Be kind to yourself, and in the process of moving forward past the shame and fear, find the learning, growth, health and healing that is available to you.

You can do it.

Anything is Possible.

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