Hepatitis C: Healing Stigma and Shame

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Hepatitis C virus hijacks the liver and hurts the entire body, but feeling shame about having hepatitis C is its own misery. If I had a magic wand and could erase hepatitis C from the planet I would. Obviously I can't, but I do have another kind of magic wand--the kind that erases shame. It is the wand of acceptance and forgiveness.

Acceptance and forgiveness are the keys to freedom. Forgiveness is giving up all hope for a different past, present and future. Acceptance is how we can live with what is. Acceptance is better than hope because acceptance is real.

I accept that hepatitis C is stigmatized. I reject believing it has anything to do with me, but I accept that others struggle with it. I try to understand that others are scared. I bless them, love them, but I stand tall and without shame.

I urge you to stand tall with me. Reject any shame you may feel about having hepatitis C. Hepatitis C is bad enough without heaping unnecessary shame on to your precious life.

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http://beta.docker.hepmag.com/blog/hepatitis-c-healing