Letting Others Help; The Value of Hep C Warriors Support

May 21, 2014 By Connie M. Welch

By opening up and letting others help we learn the value of support in our battle with Hepatitis C. It often times is hard to let others in our lives help out as we battle with Hepatitis C and treatment. We want to be strong for others. Hold up all of our responsibilities. We may suffer in silence and not even acknowledge to others that we have Hepatitis C.

We may feel they should understand how we feel, but how could they? No one can read our minds and know what we need.

Personally, I am a very independent person. I am generally the caregiver not the one who is needing care. I don't receive well. When I was on treatment for Hep C I had to learn to let go. Open up. Allow others in. My impatience with my condition went up and down like a meter. I realized I was creating more stress for myself. In turn I was hurting others and cheating myself by being stubborn.

I learned I didn't always have to wear a smile if I were having a bad day. When my energy level was as low as the sole of my shoe, it was good when I communicated that. If I needed something before Mr. Fix-It came home I could call him and ask him to pick something up. Or just tell him I needed a hug and shed a few tears.

I allowed family to go with me to doctors appointments. Friends would come over and bring a meal. Friends and neighbors would ask me to call them if I needed something which often I didn't call, but there were times when they would call me to check on me and I asked if they would pick an item up from the store.

My sister in love and brother called to check on me when I was feeling sick, before I knew it they got in their car and traveled from Houston to spend time with me and took me to the doctor. It made me feel like the cavalry had come. Re-enforcements were there to help me fight the battle. It made a huge difference in my treatment and getting through it.

Another time my best friend came and spent the entire weekend with me. She cooked, cleaned and uplifted my spirits by her wonderful visit. Connecting with others by blogging on my website brought me great support. It helped me to feel closer to others when I reached out with gut honesty on how things were going.

God never meant for us to bear our burdens alone. Not only does He desire to be involved in our lives but He designed us for relationships. Support is often under estimated by Hep C patients. It plays a vital role in our healing.

Here is what I learned from letting others help:

1. Others don’t know what I need unless I communicate it.
2. By allowing others to help me does not mean I am weak.
3. Strength, comfort and refreshment were given to me when I opened up and allowed others to help. It worked like a tonic to my weary body, mind and spirit and made me feel better.
4. God used each person to make a positive difference in my life.
5. It helped me feel not alone in my battle.

Support aids in healing. Wisdom for support is found in the Bible, Ecclesiastes 4:9-10,12, “Two are better than one, because they have a good return for their work. If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

How about you, do you let others help you? Do you reach out and communicate how you feel or what you need?

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