Positivity Is a Verb

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October 2, 2019 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog.

A friend on IG gave me a shoutout for #positivity this morning. It reminded me of when my Twitter buddies personalized a hashtag of #karensunshine. It wasn't something I tried to earn or aim for. It's more like a description of the words and images I share. I guess this proves positivity IS a verb and it's something that I try to do every day.

Living With Positivity

Even though the last year before my liver failed was an epic hepatic encephalopathy blur, I was a tough cookie and went through the motions. I'm sure that positivity is a verb type of thinking saved me. It's really a good thing that I had been packing good words and images in for most of my life.

I believe that when we put good words into our heart and mind day after day, year after year, it becomes our default. Then when IT hits the fan, we can auto-tune into joy.

Also, during times in my life when liver, or personal issues become hard, I stomp it and squeeze it until all the sunshine comes out. On Purpose. Sounds easy.

Honestly, I have all the same sad tales that every human has. I've been beat up by Hepatitis, fatigue, divorce, loss, financial distress, family feuds, pain, addictions, and long hard roads to recovery. I know how to cuss.

I've taken Xanax in the middle of the day just so I could escape from it all.

Waking Up Joyful

Then I wake up. Breathing and heart beatingly, beautifully awake and facing another day is truly a divine gift. I almost force feed myself good thoughts through upbeat words, images, music, song lyrics, sticky notes, posters, and memes. At my worst I cry and then break into prayer, song, or quiet meditation. On occasions, I roll into a ball on the bed and rest in a yoga pose.

To read the rest of this blog, click here.

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