Thoughts About Hepatitis C

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Change your thoughts and you change your world. ~ Norman Vincent Peale

A diagnosis of hepatitis C has many meaningspy feel like victims or refer to it as a death sentence. At tend of the spectrum, there are those who believe that hepatitis C provides an incentive to stay healthy. They are not just living with hepatitis C, they are thriving with it.

Language is powerful. We use language to form our thoughts. Thoughts influence us--our choices, our health and how we perceive the world. The recognition of the power of thought has been around for centuries. The most famous example of this is 17th century philosopher, Rene Descartes who posited, “I think, therefore I am.”

Even the wordconjures up different pictures. From Latin, *patient*means “to endure pain or suffering.” According to Wikipedia, *patient* and *patience* share the same origin. Wikipedia gives this further definition: *enduring trying circumstances with even temper*.

This image is powerful. The notion of enduring difficulties while maintaining an even temper seems like a lofty goal. Perhaps it is enough to endure, regardless of temperament. However, to endure with minimal anxiety or even with grace is appealing. It makes being a patient a noble condition.

What do you say to yourself about having hepatitis C? What messages do you send to your body, mind, and spirit? Do not be afraid to look at yourself, to find your truth and name it.

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