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It's MY Crisis And I'll Cry If I Need To: EMPOWER Yourself to Cope with a Medical Challenge

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UPDATED EDITION

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EMPOWER
Yourself to Cope
with a Medical
Challenge

Y. GOLANI



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Read the book's companion blog at <http://itsmycrisisandillcryifineedto.blogspot.com>
See Yocheved's website, www.yochevedgolani.com

APPROBATIONS

"... Golani gives readers helpful strategies and a panoply of resources for fighting medical illness...she also counsels that we use tears to more than simply wallow in self-pity. We can use them to open the Gates of Prayer, as a means of communicating with the Almighty, and to strengthen our bond with the One Who brought the illness in the first place. Through honestly confronting the question of 'Why Me?' we can also benefit from the spiritual purpose that illness can serve. We can ask The Master of the Universe to help us transform ourselves into the spiritually developed people that we were meant to become through experiencing these challenges... *It's My Crisis* does a masterful job..."

- Dr. Lisa Aiken, *Psychologist*

"What an incredible wealth of information: spiritual, philosophical, psychological, medical, etc! The book is filled with sound ideas and sage advice. I recommend it to everyone!"

- Rabbi Danny Myers, *Israel*

"... a sensitive profile of the subject... [Yocheved] draws from her own unique experiences, and her miraculous recovery from a life threatening illness, which she relates in her book... As a writer and Self-Help Coach she imparts her strong faith in HaShem [God] to others, helping them get through their own medical conditions. Her book should be in every home and read as an inspiration on how to embrace life in the face of adversity."

- Naomi Mauer, *Associate Publisher, The Jewish Press.*

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Chapter 2

REMAIN EMOTIONALLY, SPIRITUALLY, AND PHYSICALLY STRONG

"Most people are about as happy as they make up their mind to be... Always bear in mind that your own resolution to succeed is more important than any one thing."

- Abraham Lincoln

"If there is no struggle, there is no progress."

- Frederick Douglass

"An idealist believes the short run doesn't count. A cynic believes the long run doesn't matter. A realist believes that what is done or left undone in the short run determines the long run."

- Sydney J. Harris

You're serious about your goals. You're getting ready to drop any conditions you've set for reaching those goals. Actions teach muscles. Repeated actions teach the mind. Respond to every frightening, negative thought with an upbeat, healing thought.

Copycat me and face some realities: Conditions are excuses, camouflaged strategies for avoiding accountability. Wasting time and opportunities prevents progress. Take charge: Create the experience you need. Convince yourself to

receive the blessings coming your way. Open the pipeline so they can arrive.

That tough love approach worked for me. I wanted to live past my medical problems. When medical experts were uncertain if I would survive my ordeal, I resolved to remain as emotionally stable as possible and to enjoy whatever I could. I kept repeating these ideas to myself so I could *replace as much sadness and fear as possible with an upbeat outlook*. I repeated my resolve like a mantra: "I'm going to live and I'm going to be as healthy as I can be."

This was my first line of action. I had to *think positive*. I had to *behave positively* whether that meant play-acting positively, playing wonderful music, eating a delicious treat, sharing time with terrific friends or applying make-up to brighten my face. Wallowing in excuses and dwelling on awful "What ifs" could have killed me. I welcome you to create your own one-line mantra.

A confidante told me that my courage inspires others around me. He said this almost two years after my harrowing life-and-death ordeal. I was surprised. My emotions had rocketed around a passionate roller coaster of negative dives and soaring rises toward the heavens since I'd learned of my diagnosis. He reminded me that observers were mostly conscious of my drive to overcome the danger I faced. They were unfazed by the "recovery from occasional down moods" process I was mastering. "Perhaps this is the 'big moment' you were created for," he insisted. He explained that when we ask ourselves what the heck God wants from us regarding the emergency we're dealing with (medical, marital, emotional, social, employment, anything at all), the answer is just that: God wants us to deal with the emergency.

God is patiently watching us grow in courage, patience, insight, humor and more as we face the here and now. The past is over; we cannot change it. The future is not entirely ours to control. We're only responsible for shaping our attitudes about and responses to life. We do not regulate all of its variables and intricacies.

Heaven trusts us to cope with the challenge before us, and to grow from it. That effort is exactly what God wants from us. Why that's so is His business.

I considered all the evidence of medical staff and clergy complimenting me on my outwardly calm demeanor. Friends and loved ones have been sharing similar sentiments with me all this time. I realized with a shock that my friend was correct. And I had a startling realization of my second, new mantra, based on an undeniable reality: God wanted me to inspire others as I struggled to the finish line. "Perhaps this is the 'big moment' I was created for" became and still is a calming thought for me.

Some mantras of other people facing medical crises:

"All healing energy flows through me now."

“God is filling me with Holy Light and Healing Energy.”

“I’m making progress. I’m making LOTS of progress!”

From the moment I found out about my dangerous diagnosis my mantra was “FIGHT ON!”

“I kept saying to myself, ‘O.K., this is where we are, now what are we going to do about it?’ This helped me get through the stress of diagnosis, surgery, and even recovery. It helped me to keep moving forward, to take an active approach to what was happening with my health.”

A person who wanted to overcome the disorganized chaos in her post-diagnosis life used “Finish tasks, finish tasks, finish tasks.”

I have an occasional mantra that sometimes brings me astonishing results: “I am a magnet for healing/humor/happiness” or whatever word I choose to fill the sentence. Then that very thing is what hits me. Go ahead. Use it and see what happens. Practice until you get it right.

Practice? Until you get it right? Yes, because you’ll have bouts of resistance to your own self-improvement. And you’ll make mistakes on your way to an improved outlook. You’re normal.

Albert Einstein said it well: “Anyone who has never made a mistake has never tried anything new.”

Feeling discouraged because your problems are adding up due to aging? This saying about the frailties of old age captures a lot of wisdom in just a few words: “It is not how old you are, but how you are old.” It changes your perspective, doesn’t it?

Comedian George Burns summed it up well when he declared that he preferred growing older, “considering the alternative.”

Your mantra can be funny, determined, serious, spiritual, or anything else that builds your resolve to live. I heard that one guy’s mantra was a bit risqué, but it worked for him. “I’m sending that X-ing tumor back to the Hell it came from.” He laughed all through his course of painful and successful treatment.

Try to keep things in perspective. Some things are working out as you wish. Some things go well though you never knew to anticipate them!

Is a negativity bee buzzing in your brain that this mantra stuff isn’t going work for you? Cope with the situation. Feed the negativity buzz while you undermine it. Think about the Charles M. Schulz line, “I have a new philosophy. I’m only going to dread one day at a time.” Laugh, then take on the day.

Focus on being grateful for each micron of every personal miracle. South Americans have a saying with that thought in mind: “You did not buy your life.” In Spanish it comes out as “No tienes la vida comprada.” You’ll feel better when you feel grateful for the good in your life. That’s one of several sentences in this

very paragraph that you can turn into a helpful bumper sticker!

Go right ahead and create your own mantra. You don’t have to tell anyone about it if you wish to keep it secret. If you wish, share it with others who can repeat it with you! And remember: the fire of that mantra is the goal you need to reach. You’ll accomplish whatever you need to do with that well-defined focus.

I suggest limiting it to one- or two-liners for the sake of easy memorization. If you need more space, add a clean piece of paper to the workbook and fill it out or use a keepsake notebook for these fill-in-the-blank exercises.

If that exercise didn’t work for you, this next one might. Make a Bumper Sticker. Sample these ideas and figure out how your bumper sticker will read:

“I’m counting my blessings.”

“Brain Tumor on Board, BE NICE!”

“Love. Then love some more.”

“Have you ever had deja vu? Have you ever had deja vu?”

“Worry doesn’t empty tomorrow of its troubles; it empties today of its strength!”

“Perhaps this is the ‘big moment’ I was created for.”

One of my acquaintances took my advice and painted the word “Vrooommmmm!!!” on her sweatshirt the day before she received her wheelchair. It helped her to laugh at the change. She accepted it with patience for herself as she adjusted to a seated life and as she learned to finesse the uncomfortable reactions of other people in her environment at malls, restaurants, and elsewhere.

Go right ahead and make up your own bumper sticker. And put it on your car, bicycle, and refrigerator or wherever you like, if you wish!

If you need more space, add a clean piece of paper to the workbook and fill it out or use a keepsake notebook for these fill-in-the-blank exercises.

Wow! You’ve done a lot of work in your quest to take action to save a precious life. By responding to the Action Alerts in this workbook, you enable yourself to grow over time. You are on a journey of intellectual, emotional, and spiritual growth. As you develop, your ideas will, too. It’s a sign of success.

Information about affordable medical insurance, treatment, coping skills and more.

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