7 DAY INTROSPECTIVE JOURNAL FOR THOSE LIVING WITH CHRONIC CONDITIONS

This is a guide to help the reader work on overcoming the negative emotional and mental impact that living with a chronic condition brings with it. My hope is that the positive changes that occur psychologically as you search yourself will bring about equally positive physiological changes within you. Acceptance, compassion, and self-love can help lessen any symptoms you may be dealing with thus creating a healing atmosphere in your body, mind, and spirit.

Note to the reader:

You will see that in this journal I do not identify with the chronic conditions and choose to verbalize my experience with the words “the” or “deal with.” I have found this lessens the power I had given them for so long.

How to use this journal:

Each day offers a new, inspiring quote meant to encourage the reader and a contemplative action for the day and space for writing thoughts. While the journal is written for consecutive 7 days, it is ok to do it as a biweekly or weekly if it is too much all at once. I understand life happens and sometimes it can take a mountain to move us to change. Moving forward takes only the decision to try something new and with each forward thought the action will follow.

A quick background on myself:

I am a fellow traveler in the world of chronic conditions and know firsthand not only the physical toll it can take on you, but also the mental and emotional toll that piggy backs on any chronic condition. The loss of any dreams and hopes you have for your future when you are hit with any chronic condition can create a huge loss of self and who you once were. I know all too well the hopeless feeling when day in and day out symptoms wax and wane in different intensities. The uncertainty any debilitating ailment brings can render you absolutely fearful that any escape from it is possible. There have been days I basically could not recognize who I was looking at in the mirror and I longed for who I once was. The big question I had for the Universe was what was my purpose in this trial season of my life.

I almost did not write this journal for fear of being an imposter of healing. I had defined healing as being free from ALL my ailments and having perfect health . I now know that healing has different definitions to different people. Now do not get me wrong, I would love to have perfect health and I still search for any new modalities, supplements, or therapy with hope of a miraculous new reality, The honest truth is that my reality is still one in which I have to manage and deal with the chronic conditions, although they have lessened up as I practice positive and strategic actions. I struggled with writing this journal thinking I was not good enough to help others if I was still in the midst of seeing new doctors, researching treatments, and also still searching my soul in the meantime. But I have come into agreement with my inner goddess that my purpose to help others is still quite alive no matter my circumstances. The same is true to anyone stricken with a debilitating condition or illness…. you are enough and you have purpose.

The chronic conditions I deal with are vestibular migraine, autonomic dysfuction, viral reactivation syndrome and the chronic pain and crippling fatigue they all bring. I am also in the throes of perimenopause which can add imbalances that affect the symptoms to the above conditions. Along with the physical issues mentioned above I also have Complex PTSD, sleep apnea, and anxiety. Through therapy and research I now know that C-PTSD can be a huge cause of the fibromyalgia pain and fatigue I sometimes wake up with daily. When I was first hit with vestibular migraine it had me sidelined from social engagements and created a temporary agoraphobia situation due to loud noises, bright lights, and busy environments. Driving can sometimes be difficult on days I have flare ups as my main triggers are motion along with the aforementioned bright lights (including sunlight) and busy environments. I am overcoming my anxiety as I continue to educate myself on vestibular disorders and I know, for me, information and education have taken away the power that the fear and self-pity held over me for a year and a half. I definitely qualify as one with chronic conditions.

I am finally not ashamed of the disorders I have been having to conquer and I choose to accept and embrace the place I am in for the moment. I have tried many supplements, modalities, and treatment options most with no improvement and some with worsening of my conditions. The biggest thing that has helped me is accepting that I have no control over the areas that may not change and that not every problem is solvable. My logic self struggles with this notion on a daily basis so I have to chose to look at life in a simpler and softer way. Acceptance does not mean being ok with disabling conditions. Acceptance means you understand how things are in that moment; for life is all about increments of moments. This does not mean I do not struggle with days of depression, anger, hopelessness, and fear on the days that my body decides it just will not work as I want it to. I also understand setbacks will happen and that is ok too. True freedom involves acceptance and the ability to handle your circumstances just as they are with warts and all!

My hope is that my journey and experiences through all my challenges can inspire those who have lost hope and purpose. I am here to offer the reader true compassion and understanding. I honor the place in which you dwell .

CARPE DIEM WARRIORS!!

DAY ONE

A rocky beach next to a body of water

Description automatically generated

“Grief is like the ocean; it comes on ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.”

-Vicki Harrison, Author

DAY TWO

A picture containing building

Description automatically generated

“You can’t see the forest through the trees”

Nicholas Sparks, Author

DAY THREE

A picture containing outdoor, grass, food, standing

Description automatically generated

“She made broken look beautiful and strong look invincible. She walked through the Universe on her shoulders and made it look like a pair of wings.”

-Ariana Dancu, writer and poetess

DAY FOUR

A path with trees on the side of a mountain

Description automatically generated

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”

-Martin Luther King, Minister and Social Rights Activist

DAY FIVE

A view of a snow covered mountain

Description automatically generated

“Start by doing what’s necessary; then do what’s possible; and suddenly you’re doing the impossible”

-Francis of Assisi, Philosopher and Preacher

DAY SIX



“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, “ I will try again tomorrow.”

-Mary Anne Radmacher, Author and Philanthropist

DAY SEVEN

A bridge over a body of water

Description automatically generated

“We must be willing to let go of the life we have planned, so as to accept the one that is waiting for us.”

-Joseph Campbell, American Professor and Philosopher

CONGRATULATIONS ON FINISHING YOUR 7 DAY INNER JOURNEY!!



My hope is that this prompting journal has sparked a light inside you so that you see yourself as a unique individual with purpose. May you always be able to realize that you hold beauty and strength within you.

Peace and Love 😊