



The Antidote To Fear is Gratitude

Happily, I left Life Time Fitness after a nice workout. I fastened my seatbelt and, as it glided across my chest, I felt “a soreness” on my right breast. First thought, “Oh NO..breast problem.” Second thought, “You are fine Chere!” When I got home I became obsessed with checking out my breast for lumps. Every time I pushed on “the spot” it got worse and hurt more. I had Gary check out “my problem” and although he tried to help; he actually found more lumps and didn’t really help at all. I smile as I tell you this!

I was scared. For 6 days I walked around in the “bc mode” before breast cancer mode which I have heard women talk about. On these 6 days day I would wake up lovin’ life with grace and gratitude as I hopped out of bed for another great day UNTIL...I stepped into the shower. In the shower my thoughts were, “Chere Chere Chere...you have breast cancer.” (I do my biggest, brightest thinking in the shower, at Mass, outside and on the elliptical machine.) I’d jump out of the shower and “flip the switch” and say to myself, “Blessings, abundance and goosebumps.” Around lunchtime I would flip into the “fear mode.” The afternoons I usually flipped the switch again to “blessings, abundance and goosebumps.”

I spent an entire weekend thinking I was in the “bc (before breast cancer) mode.”

I alternated between grace and gratitude and fright-filled fear. Despite having a huge week with two workshops in Wisconsin and having much office work to do, I spent the entire weekend doing what I call simple sweet stuff. I enjoyed being outside, raking leaves, gardening and doing Brett’s graduation party scrapbook pages. What would you do if you had the “last weekend” before you were going to be diagnosed with cancer? Would you get caught up with work on your desk? Spend time with your family? Scrapbook? Interesting thought, hey? My kitchen floor was absolutely filthy from doing a lot of cooking and I surely was not going to waste my time cleaning something that would eventually get dirty again. My time counted more than ever. Precious time!

Well, I got checked out and I am fine, and there was a reason why I had soreness in my breast. But what I discovered was magical! It is impossible to hold fear in your heart and thoughts of gratitude at the same time. Your brain and heart don’t have room for both. Fear or gratitude! You pick!

If you find yourself in “fear mode,” sit yourself down and look for abundance, blessings and goosebumps in your life. Write down a list of what is gracing your life and what you are grateful for. I guarantee you will “flip the switch” and be in a different mood.

Yes, I have discovered that the antidote to fear is gratitude. Really, fear is thinking about what you don’t have, and if you think about what you do have, you will truly discover sweet simple grace filled days.