Living On the Edge

January 26, 2018 By Lisa Vento Nielsen

Instagram Stories are fast becoming my favorite thing to do and post—if you are not already following me on Instagram, please do.

I have been living on the edge since cancer. I was someone who experienced things on an extreme level for many years. I lived in fear and anxiety. I would imagine myself in a situation and feel such fear that I would not be able to actually even consider being in said situation.

I had a phobia of traffic—of being stuck in traffic or being away from home too long. It was a lot for me to work around but I would force myself to do certain things and force myself NOT to do a lot of things. I definitely was experiencing the world of mental illness. I let my world shrink—it did not happen overnight. One day, I was flying around the world for work and fun and then all of a sudden, I did less and less. I stayed closer and closer to home when I was always meant to fly.

Sharing this is hard. It is embarrassing to think about all of the opportunities I missed, of all of the things I was not comfortable doing. Of how much I was not happy and comfortable in my skin, with my life and now I realize damn, I had it all. I did not have “cancer,” I was truly free but in the disease of my own mind so not that free.

Now, I have no such fears. I refuse them, I refute them. I laugh at them. This week alone I have driven myself into the city for two different things. I have been focused on maybe being an entrepreneur again and building something exclusively mine. It is a lot to handle. In the midst, I have had meet ups with folks who I never would have met if not for this big c word.

It is hard to believe that I am still so close to my BD time (before diagnosis). It has only been a year and 2 months since I was diagnosed. In this time I have had to learn quickly how to retrain my brain, how to let go and be me, how to deal with the fear in a constructive way that maybe some day I could die from this disease. Instead, I refute that possibility and instead focus on LIFE on what I can do right now, here, today instead of worrying about my tomorrows.

It is one hell of a way to live and maybe someday I will forgive myself for not living this way BD—ah, frig it, I already have.

This is what I do in the time between…

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