



Finding Good with a Broken Voice

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As we travel life's path with a Broken Voice, Spasmodic Dysphonia (SD), we often hear others along our journey say "why did this happen to me" or "I must be destined for rotten luck." The question is how do we respond and provide encouragement to those who are in the midst of their suffering and can't see the good on the other side? I have been in that pit during my journey with SD and can say with confidence that what awaits on the other side is wonderful and rewarding.

What is happening to the person suffering is that they are building their platform. What is a platform? It is the structure, the foundation from which you can move forward and then help others. First let's talk about how to build that platform so that your position is strong and impervious to future storms. Your mindset has to change so that you view each setback as an opportunity for a comeback. When everything is going wrong, you have to keep your mind and your actions right. The key is to take something bad and use it for good. As that happens, you are transforming from victim to conqueror. Your platform is rising.

Be assured that your trials have purpose, far more purpose than when everything is all 'roses'. Your despair has its uses...namely, what you learn from it and how you live those lessons for the benefit of others. Don't let the hard times be in vain. Don't waste the great value inherent in the worst of problems.

Even though you don't feel that you have much to contribute, you can always have a positive influence. How do I know? Because no is skipped over in this life without the potential to help others. Every person's life has meaning and a job to do.

As to the bad luck, I don't believe in such a thing...unless you've been hit by a bus the last three times you stepped off the curb. We should all consider ourselves abundantly lucky just to have the gift of this moment and the choice of what to do with it. Dwell on that today, tomorrow and the next day, when you wake up, when you eat and when you close your eyes for the night. Once it's a habit you'll be astonished as the smiles creep across your face.

This is the story of all of us who decide that our platform will be our pledge instead of our undoing. The size of the structure doesn't matter, do don't judge it. Some will be shotgun shacks with a lonely candle in the back window. Others will be shining mansions on a hill. Regardless, someone out there traveling the SD journey will be drawn to the beacon of your platform. Your platform will call others to the wisdom and experience only you can offer. You are eminently able to help others with Spasmodic Dysphonia find good, no matter what has happened.