Vertigo – part 2

In his work Man’s Search for Meaning, Viktor Frankl wrote: “Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.” After months of believing my life to be one directional and out of options, I began to think that perhaps there was another way to be. As I began to think like this, I felt a greater control in my life, I was forcing some agency back into my way of being in the world. Effectively I was taking back responsibility from whatever I imagined had caused the vertigo – taking responsibility in turn gave me free will, if I am in charge, then I can make decisions, however small. Now this did not make the vertigo leave, my physical state remained the same, and it was still a horrible place to be. But I began to test myself physically and mentally to try new things each day, to in some way work with the vertigo and integrate it. For example, I would sit up for five minutes in the morning to play UNO with my children before they went to school and I would sit up for five minutes at the end of the day when they would read me a book. This was difficult and I had to do it as the world seemed off its axis, but the emotional and mental energy it gave me was somehow a mediator of the relentless physical sensation of vertigo; I was suffering still physically, but emotionally and mentally I was getting stronger. This, and other changes, such as moving my bed downstairs so that I could be amongst the melee of family life, even though I was not participating, gave me a sense of control and with that a sense of hope. I began to research my symptoms to see if there was anything else I could do…