



## **Gradients of Sight**

### **Observing the Crisis (Reprint)**

Clearly seeing the potential for falling into the cycle of frustration and expectations while enduring vision loss.

David Law

Reprint Date: April 22, 2007

Original Publish Date: December 1, 2005

gosight.com

Vision loss of any degree or form is fused to the engrained fear of losing ones' self in a collapsing world of darkness where inferiority, isolation, and anxiety reign. Denial steps in to take the place of identifying properly the overreaction to simple problems and situations, which drive inferiority to take root. Physical loss now serves as the excuse to live in this state of dysfunction under the guise of "coping". On the surface seeming to get better while still subject to irritations, unkind words, and swallowed in conflict. Playing back endless alternate endings to long past events seeking to achieve both virtue and courage while the next situation is met with cowering anger and frustration. Moreover these exchanges are compounded through an ever-present requirement to adapt, reassess, and move forward being unable to hold solid ground for change to take place.

Finding a foothold in meaningful transition begins with change through personal character. Often in an initial onset of decreased vision, immediate fixations on mobility, accessibility, rehabilitation, and consultation is noble in intent it can be easily manipulated to reinforce the loss. Instead of clearly seeing the situation as an extension of physical complications needing to be overcome, it is often treated as a new form of identity needing to be filled. Once again this issue brings forth the basic principal as discussed in previous articles. There comes a point in transition where it becomes clear whether one is living with the loss or becoming the loss itself that lives through them and every facet of their life.

What I have personally discovered about sudden vision deterioration, is very telling in the ability to maintain living truly independent – free from both constant anxiety and dashed expectations. Roughly 80% is hard won territory in the mental warfare to separate your true self from loss. Only 20% remains with the actual process of physical adaptation, learning new ways around challenges, etc. If once enjoyed endeavors and livelihood is written off as an excuse because of the loss it will ultimately assert itself as the new persona. With each upset and unexpected complication that follows infuses the loss and the person into one indistinguishable unit.

Steps to being reversing this process can be found in previous writings as “The Roots of Disability” and “Patiently enduring Impatience” However, more detailed material will become available as this website continues to evolve.



This work is licensed under a [Creative Commons Attribution-NonCommercial NoDerivs 2.5 License](https://creativecommons.org/licenses/by-nc-nd/2.5/).

Gradients of Sight, its domain, logo, and related intellectual property belong to its author David Law.