

WHAT I WANT OTHERS TO KNOW ABOUT ME AFTER MY BRAIN INJURY

Brain injuries are often referred to as the “invisible disability” due to the fact that many survivors do not show outward signs of their injury, however there are many survivors who wish there were things others knew about their injury.

“I’m grateful to be here.”

“I’m trying so hard to seem normal.”

“Because I have this, does not mean my life ends.”

“I almost wish my injury was visible, so people knew I’m not as normal as them.”

“At times I think screw it, let’s be done.”

“I spend so much time going through things.”

“Sometimes I laugh, sometimes I cry.”

“I have to look back at where I was right after my injury and be thankful for where I am now.”

“I spend a lot of time thinking about the ‘shoulds’ about the ‘phantom expectations’ I place upon myself.”

“I wish all people had empathy, kindness, compassion, and love towards me.”

“I am trying to live in acceptance.”

“I’m never going to be regular again.”