

**Having a Relationship with Myself
and
Other People after a Brain Injury**



Video Presentation eBook

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Second Chance to Live**

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Introduction

In 1967, at the age of 10 I was in a motor vehicle accident with my Dad, Mom and Brother. Per my injuries I sustained an open skull fracture as I was hurled forward from the back seat behind my Dad who was driving. My open skull fracture occurred aft I hit the inside of the windshield of our Volkswagen Beetle. On the way to the windshield I snapped my left femur (thighbone) on my Dad's bucket seat. I was not expected to live that night. After the accident I remained in a coma for 3 weeks.

Once my external wounds healed and I looked "normal", the impact of the injury to my brain was never again discussed. After being tutored at home in the 5th grade I was mainstreamed back into elementary school. Because I was able to learn how to walk, talk, read, write and speak in complete sentences nothing seemed out of the ordinary. In 1967 there was little known about brain injuries or the impact of brain injury. Little did I know that I was navigating relationships with an invisible disability.

Living with the impact of a brain injury, an invisible disability and because I looked "normal" created questions that no one could answer. After a long series of getting and losing jobs, as well as difficulties that I encountered in both undergraduate and graduate school I found answers. The difficulties that I encountered was not because I did not work hard, because I did, but because of what was out of my control. Through a series of events, I became aware of what could not be denied and needed to change.

As I began to come out of my own denial what became apparent was that I was the one who needed to change. What I mean by, "I was the one who needed to change" is that I needed to stop expecting other people to "understand", so that we could have a "relationship". I began to understand how living with the impact of my brain injury and an invisible disability impacted my relationships. As I became increasingly aware I realized that I needed to grow in my own awareness, acceptance and action.

Not only of how my brain injury impacted my relationship with other people, but how my brain injury impacted the relationship that I had with myself. In this e Book, I will share with you what I discovered that has helped me to begin to have a relationship with myself. I will also share what I discovered that helped me to understand where I ended and where other people began as I sought to have a relationship with them. Through this video presentation e Book I will share what I discovered about balance.

Preface

Over the course of the past several years I have created and published 8 e Books. I decided to create these e Books to make the information within my articles available on an array of topics. In my first e Book, I put forth 60 video presentations in: [**Living with a Brain Injury eBook Putting the Pieces in Place 60 Video Presentations**](#) to offer the information within a selection of my articles in a format for visual and auditory learners. Since that time I have created 7 other e Books.

[**Being Your own Hero through Overcoming Adversity – Tool for Rebuilding Your Life eBook**](#)

[**Living with a brain injury and Building Self-Esteem and Self-Acceptance eBook**](#)

[**Living with a Brain Injury, Making Sense of Why and What is my Destiny? eBook**](#)

[**Living with a Brain Injury, What Helped Me to Stop being my Enemy and Create a life for Myself eBook**](#)

[**It's Never too Late to Create Hope eBook**](#)

[**Moving Forward Following a Brain Injury eBook**](#)

[**Living with a Brain Injury and Learning to Take Care of Ourselves**](#)

I recently wrote an article [**Resources for Gaining Hope and Owning Our Power after a Brain Injury**](#) to collectively to share the **1587 articles**, **309 video presentations** and **8 e Books** that I have written since February 6, 2007. On July 29, 2011 I began creating video presentation of my articles. To aid in the access of these video presentations I wrote an article to contain a list of these video presentations to watch on YouTube: [**Brain Injury Resources — Good News — Video Presentations**](#).

After writing **Resources for Gaining Hope and Owning Our Power after a Brain Injury** I made the decision to create another video presentations e Book. This video presentations e Book is being made from articles written to share what I discovered that helped me to begin to have a relationship with myself and with other people after my brain injury. Although this e Book, as well as my other e Books are free to download, if you print this e Book, the links will not work to open the video presentations.

As with all my articles, video presentations and e Books, they are free to use. Although these resources are free to us, I maintain ownership of the intellectual property of my articles, video presentations and e Books. Additionally my articles, video presentations and e Books are not to be considered open source.

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[Understanding the Power of Identification](#)

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Accepting Myself when Family and Friends Can Not

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