Some Things to Consider so We Don’t Stay Stuck
Living with the Impact of a Brain Injury and an
Invisible Disability Zoom Presentation
Craig J. Phillips MRC, BA Second Chance to Live

Practical Hope – Realizing that I can create hope in my life a little at a time, by learning, combining (one skill and one skill set at a time) repeating the process and by not giving up.

Through my process and journey living impact of a brain injury and an invisible disability, I have gained awareness.

Awareness’s that have given me the ability to grow in acceptance and the ability to take action in my life.

Action, so I don’t stay stuck because of my brain injury and my invisible disability. Action that has given me the ability to lay a foundation.

Lay a foundation upon which to build. Build upon to create a good life and to be of service.

Build upon to create practical hope in my life, well-being and relationships.

Create practical hope in my ongoing brain injury and invisible disability recovery process.

Create practical hope through my Mind, Body, Spirit, Soul and Emotions

A Little at a Time and One Day at a Time.
Through Awareness, Acceptance and by Taking Action

What I have come to believe that is so very important for individuals living with a brain injury and invisible disabilities to realize and remember.

We have more power than we realize to

Create practical hope, inch by inch, not yard by yard.

Create practical hope a little at a time, one day at a time.

Create practical hope in my life, well-being and relationships.

Create practical hope in my life to make a good life for myself.

Create practical hope in my mind, body, spirit, soul and emotions

Create practical hope in my life by realizing that I have more power.

Create practical hope by realizing I am not my brain injury brain injury.

Create practical hope because my voice matters in my brain injury recovery.

Create practical hope in my life because I am not a victim of my brain injury.

Create practical hope in my life because I do not let anyone define who I am.

Create ongoing practical hope by realizing that more will be revealed with time.
Create practical hope by listening and learning, but not allowing myself to be bullied.

Being Aware of What may be Getting in my Way

Living with the impact of a brain injury and an invisible disability can leave us with many feelings.

These feelings that can leave us believing that we are crazy, trapped, helpless, insignificant and stuck.

These beliefs can leave us feeling alone, isolated, alienated, diminished and with a victim mentality.

But the Good News is We Can Own our Power

“The most common way people give up their power is by thinking they don't have any.” Alice Walker

“If you do not like something, change it. If you can’t change it, change the way you think about it.” Mary Engelbriet

Understanding Terms Gives me Choices

I told my mentor that I was anxious the other day. He asked me what does that mean. I thought about it and realized I did not really understand what being anxious meant.

As we spoke, I realized that being anxious is about fear. By understanding that when I am anxious, I can do something about being afraid, rather than being frozen by anxiety.

By realizing that I could own my power, I did not have to stay stuck. Stuck by my anxiety, but examining my fear. Through examining my fear, I realized that I could overcome my fear.
Understanding Terms Give me the Power to Own my Power by Changing the Way I Respond to Terms.

The Power of Choice

Definitions of Terms

Crazy -- mentally deranged; demented; insane Informal. unpredictable, nonconforming, or odd (Dictionary.com)

Trapped -- in an unpleasant situation in which you lack freedom, and you feel you cannot escape from it. (Collins Dictionary)

Helpless -- lacking protection or support: defenseless. marked by an inability to act or react (Merriam-Webster)

Insignificant -- unimportant. not important; meaningless, nonmeaningful. having no meaning or direction or purpose. (Vocabulary.com)

Stuck -- unable to move or to be moved · in an unpleasant situation or place that you cannot escape from. (Oxford Learner’s Dictionaries)

Alone — separate, apart, or isolated from others. I want to be alone; 2. to the exclusion of all others or all else (Collins Dictionary)

Isolated — having minimal contact or little in common with others (Dictionary.com)

Diminished — to lessen the authority, dignity, or reputation of: belittle (Merriam-Webster)

Distressed — great pain, anxiety, or sorrow; acute physical or mental suffering (Dictionary.com)
Alienated — feeling withdrawn or separated from others or from society as a whole (Merriam-Webster)

Marginalized — to relegate to an unimportant or powerless position within a society or group (Merriam-Webster)

Stigmatized — to treat someone or something unfairly by disapproving of him, her, or it. (Cambridge English Dictionary)

Diagnosis — the identification of the nature of an illness or other problem by examination of the symptoms (Dictionary.com)

Intimidated — made afraid; frightened, especially by the threats or aggression of another: · timid or anxious (Dictionary.com)

Discounted — regard (a possibility, fact, or person) as being unworthy of consideration because it lacks credibility (Dictionary.com)

Prognosis — the prospect of recovery as anticipated from the usual course of disease or peculiarities of the case (Merriam-Webster)

Minimized — reduce (something, especially something unwanted or unpleasant) to the smallest possible amount or degree (Dictionary.com)

Stereotype — a set idea that people have about what someone or something is like, especially an idea that is wrong (Cambridge University Press)

Labeled — a word or a phrase that is used to describe the characteristics or qualities of people often in a way that is unfair (Cambridge Dictionary)
Victim Mentality -- Bad things have happened in the past and will continue to happen to you. Others are to blame for your misfortune. There is no point in trying to make a change because it will not work. (Verywell Mind)

Understanding how these Terms can Impact our lives as Individuals living with Brain Injuries and Invisible Disabilities.

BUT They Do Not Have too, Through Being Aware

Crazy because of what we don’t understand and are led to think and believe about ourselves.

Trapped by believing that we are defined and limited by our brain injury (s) and as a result have limited choices.

Helpless because we find ourselves focusing on what we can’t do because of our symptoms, instead of on what we can do.

Insignificant because of our brain injuries and invisible disabilities we find ourselves dismissed, discounted, minimized and marginalized.

Stuck by the diagnosis, prognosis, label, stereotype and stigmatization of a brain injury that reinforces and leads us to believe we are inadequate.

Alone because of the way that we have changed after our brain injury (s). Because of the lack of ongoing insight, understanding, acceptance, empathy and encouragement to create practical hope.

Isolated in time by not grasping that we have more power than we may realize. By not being encouraged to use that power to create practical hope in our lives, our well-beings and our relationships.
Alienated by not recognizing our great worth and value. Our great worth and value to empower both our lives and the lives of individuals living with brain injuries, in our generation and future generations.

Intimidated into believing that we need to trade our judgment for the judgment of other people. The judgment that leads the individual living with a brain injury to believe that they deserve to be bullied.

Diminished into believing that because we are unable to meet the expectations that other people have for us that we can’t succeed. Being diminished leads to and reinforces a learned helplessness.

Victim Mentality of our brain injury, our invisible disability and our set of circumstances. This mindset keeps the individual focused on what they can’t do, instead of discovering what they can do with their time and energy.

But Consider this Thought

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life; define yourself.” Robert Frost

Below are links to articles that I wrote in which I share more information. More information that helped and continues to help me be aware, accept and take action when I am feeling…

Feelings that can leave us believing we are crazy, trapped, helpless, insignificant and stuck.

Feeling alone, isolated, alienated, diminished and a victim of our brain injury and invisible disability.
Click on the Blue links to read the articles

**You’re not Crazy; You have an Invisible Disability**

Awareness, Acceptance and Action. Regardless of what other people may... I can own my power. I can listen to my own drum and dance to my rhythm. I can dance to my own drum and dance to my own rhythm. I don’t have to convince anyone.

**Yes, I am Disabled, but Don’t Count Me Out**

I amGifted Beyond the Box. Don’t limit yourself because... I can use my gifts, talents and abilities in ways the work for me. Tortoise and the hare. Slow and Steady wins the race.

**Accepting Ourselves When Other People Can’t or Won’t**

The Importance of Grieving what Can not be Changed. Living on life’s terms and learning to thrive. Practice acceptance and live and let live. I don’t have to convince anyone.

**Finding Freedom from Feeling Alone, Isolated, Alienated, Intimidated and Diminished Living with a Brain injury and an Invisible Disability**

Creating our New Normal. Grow where we are Planted. We have the final word. I can take steps to be empowered. I do have to stay stuck. I have choices.

**Getting Comfortable in Our “Own Skin” Living with a Brain Injury and an Invisible Disability**

Understanding the Impact of Shame and the Codependent Dance. Understanding the meaning of words. Run my own race, while staying in my own lane.

**Don’t Let Anyone tell You; You Aren’t Enough Because...You are Smart, Intuitive and Courageous**
Like Dorothy, the Scarecrow, the Tin Man and the Cowardly Lion. We have more power than we realize. Everyone is a genius. Play to your strength. Accepting ourselves

Living and Thriving Beyond Brain Injury Awareness to Create a Good Life for Ourselves

Facing, Confronting and Finding Freedom from Denial. Moving Forward with our lives. Recovery is a process, not a destination. I am right where I should be. Layers of Onion.

Creating Practical Hope in Our Lives through the Power of Identification

Understanding my Relationship with Hope. The Way Out of the “Box”. Identification; not Comparison Empowers. Inch by inch, not yard by yard. One skill and one skill set at a time.

Several Quotes that Inspire Me when I feel Stuck

“Big things have small beginnings.” Prometheus

Inch by inch, life’s a cinch. Yard by yard, it’s very hard

“Every strike brings me closer to the next home run.” Babe Ruth

“All things start out as hopes that end up as habits.” Lillian Hellman

“The journey of a thousand miles begins with the first step.” Lao Tzu

“I will prepare and someday my chance will come.” Abraham Lincoln

“You are the only person on Earth who can use your ability.” Zig Ziglar
“Nothing is a waste of time if you use the experience wisely.”
Auguste Rodin

“Do what you can, with what you have, where you are.”
Theodore Roosevelt

“I have not failed. I have found 10,000 ways that won’t work.”
Thomas Edison

“Regardless of your lot in life, you can build something beautiful on it.” Zig Ziglar

“Don’t give up at half time. Concentrate on winning the second half.” Bear Bryant

“Nothing in the universe can stop you from letting go and starting over.” Guy Finley

“All life is an experiment. The more experiments the better.”
Ralph Waldo Emerson

“Hope is being able to see that there is light, despite all the darkness.” Desmond Tutu

“It is not that I am so smart. It is just that I stay with problems longer.” Albert Einstein

“Believe in yourself, go after your dreams, and don’t let anyone put you in a box.” Daya

“If you want to improve your self-worth, stop giving other people the calculator.” Tim Fargo

“Confidence is going after Moby Dick (whale) in a row boat and taking tartar sauce.” Zig Ziglar

“Absorb what is useful, reject what is useless and add specifically your own creation.” Bruce Lee
“When setting out on a journey, do not see the advice of someone who has never left home.” Rumi

“Don’t judge your day by the harvest you reap, but by the seeds you plant.” Robert Louis Stevenson

“The most common way people give away their power is by thinking that they have any.” Alice Walker

“Decision is the spark that ignites action. Until a decision is made, nothing happens.” Wilfred A. Peterson

“Those who danced were considered to be quite insane by those who could not hear the music.” Angela Monet

“Do not go where the path may lead, go instead where there is no path and leave a trail.” Ralph Waldo Emerson

“The three most important ways to lead people are:… by example… by example… by example.” Albert Schweitzer

“Our circumstances are not meant to keep us down, but they are meant to build us up.” Craig J. Phillips MRC, BA

“Hope lies in dreams, in imagination and in the courage of those who dare to make dreams into reality.” John Salk

“In my experience, I have found that adversity is what has made me successful because I refused to give up because of adversity.” Craig J. Phillips MRC, BA

“If your actions inspire others to dream more, to learn more, to do more, to become more, you are a leader.” John Quincy Adams
“When I stand before God at the end of my life, I hope that I would not have a single bit of talent left and could say, “I used everything you gave me.” Emma Bombeck

“Once we start walking, before long we will be able to look back and see how far we have come because we did not give up.” Craig J. Phillips MRC, BA

“Everyone is a genius, but if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.” Albert Einstein

“Ideas do not always come in a flash but by diligent trial-and-error experiments that take time and thought.” Charles K. Kao

“Keep away from people who try to belittle your ambitions. Small people always to that, but the really great make you feel that you, too, can become great.” Mark Twain

“If you advance confidently in the direction of your dreams and endeavor to live the life that you have imagined…you will meet with a success unexpected in common hours.” Henry David Thoreau

“Purpose is about a process and a journey, not a destination. I can not know until I know and knowing just takes what it takes. There are no silver bullets or magic potions. By accepting that reality, I am given the gift of knowing. I am given the gift of knowing by trusting the process, a loving God and myself.” Craig J. Phillips MRC, BA

“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.” Carl Bard
“Not everyone will understand your journey. That’s OK. You’re here to live your life, not to make everyone understand.” Banksy

“History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.” B.C. Forbes

“Insist on yourself, never imitate. Your own gift you can present with the cumulative force of a whole life’s cultivation, but of the adopted talent of another, you only have an extemporaneous half-possession. Do that which is assigned to you and you cannot hope too much or dare too much.” Henry David Thoreau

“I was told over and over again that I would never be successful. That I was not going to be competitive. And the technique was simply not going to work. All I could do is shrug and say, “We’ll just have to see.” Dick Fosbury (Inventor of the Fosbury Flop and winner of the gold medal in the Olympics)

“Don’t quit. Never give up trying to build the world you can see, even if others can’t see it. Listen to your own drum and your own drum only. It is the one that makes the sweetest sound.” Simon Sineck

“Here’s to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes… the ones who see things differently — they’re not fond of rules… You can quote them, disagree with them, glorify or vilify them, but the only thing you can’t do is ignore them because they change things… they push the human race forward, and while some may see them as the crazy ones, we see genius,
because the ones who are crazy enough to think that they can change the world, are the ones who do.” Steve Jobs

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure, it is our light, not our darkness that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We were all meant to shine as children do. It is not just in some of us, it is in everyone. And as we let our own light to shine, we unconsciously give other people permission to do the same, as we are liberated from our own fear. Our presence automatically liberates others.