

You Are Not Crazy. You have an Invisible Disability Discussion Topic

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In the event that you are living with an invisible disability, I am writing this to you.

I am writing this to you to encourage you, as I need to encourage myself; to not give up.

Although there may be people who want or need to deny our realities, we can still excel. We can excel in our realities.

Our invisible disabilities do not have to continue to make us crazy.

We can own and accept our realities and we can move forward with our lives. We can be aware. We can create a good life for ourselves.

We can pursue our dreams and our destinies. We can create hope.

I have also created a video presentation of this article. To watch and listen to the video presentation of the article, click on this link: [**You Are Not Crazy. You have an Invisible Disability Video Presentation**](#)

In my past three articles, [**Denial and Brain Injury Recovery**](#), [**Brain Injury and Anger**](#) and [**Brain Injury, Bargaining, Depression and Acceptance**](#) I shared my experience grieving my reality.

A reality that remained hidden to me for many years. A reality that I needed to be able to accept, but discovered I could not accept.

Could not accept without confronting my denial, processing my anger, trying to change what I did not like and working through my depression and despondency.

In these 3 articles, I shared what helped me to realize that I was not crazy. That I was living with an invisible disability.

That although I could not change my reality, I no longer had to feel limited because of my invisible disability.

That I no longer had to feel stuck, because of my invisible disability. That I could succeed.

“When one door of happiness closes, another opens; but often we look so long at the closed-door that we do not see the one which has been opened for us.” Helen Keller

Did Not Have to Make Me Crazy

What I began to realize was that I am not equipped to walk through certain doors.

What I also began to realize was that not being equipped to walk through certain doors, did not have to make me crazy.

What I began to realize was that, although; I am not equipped to walk through certain doors, I am equipped to walk through other doors.

A New Freedom

With this realization, I experienced a new freedom. A freedom to look for doors that would open for me.

With this realization came the sadness that no one wanted what I had to offer. With this realization came the challenge to believe or not believe that I was inept. Inept, because the department of vocational rehabilitation had deemed me unemployable and the Social Security Administration had declared me disabled.

A Choice

With this realization came the awareness that I could either believe the department of vocational rehabilitation and the social security administration:

(and) do nothing, stay stuck and give up

(or) I could choose a different path.

A path that would equip me and lead me to walk through other doors.

A path that would empower my ability to follow my dreams, to pursue my destiny and to be of service.

Awareness: My Experience with Interest Inventories

What I discovered was that these interest inventories did not and could not factor in the impact of my invisible disability.

An invisible disability that I had no idea was getting in the way of my ability to be successful in career paths.

My Experience Beyond Interest Inventories — Finding Out What Worked Best for Me

In my experience, I would have never thought I would be using my gifts, talents, and abilities writing. In college English class, use of verbs, adjectives, conjunctions, semicolons, and the like were hard for me to grasp.

I now realize that my difficulties stemmed from my difficulties learning sequences of information. I share with you that I did poorly in English class so as to encourage to not count out what you did poorly in high school or college.

In my experience, I discovered that my ability to communicate through writing developed over years.

Your style of creating may take time too.

What I discovered was that although I could not do some things, I could learn how to do other things very well. So, I spent 6 more years exploring how this could be accomplished. I wrote poems, an autobiography, a book (registered but not published) and then at the encouragement of a friend, a blog.

To read about my process and journey discovering what worked best for me, you are invited to click on these link:

[Back Story of Second Chance to Live Part 1](#) and [Back Story of Second Chance to Live Part 2](#).

Discovering What Works Just Takes Time

The reason that I share with you that it took me 6 more years before I found a way, is to encourage you. To encourage you to not give up exploring how to use your gifts, talents, and abilities to follow your dreams. Persistence, tenacity, being intentional and maintaining focus were and continue to be part of my process and journey.

Persistence, tenacity, being intentional, focused and a commitment to developing my gifts, talents and abilities. And I need to stay encouraged with the process, knowing that more will be revealed to me, with time.

Below are links to articles that I have written to share what has helped me in my process. I would invite you to click on each of the below links and read each of these articles.

The information within these articles may also help you in your process of discovery.

Click on the Links to Open and Read the Article

[Answering the Call that Never Came Part 1](#), [Answering the Call that Never Came Part 2](#), [Neuroplasticity, Small Successes and Learning / Relearning Skill Sets](#), [Nine Habits to Benefit from Using the Principle of Neuroplasticity](#) and [From Brain Injury Awareness to Brain Injury Acceptance to Creating Hope in Our Lives](#)

If the information in these articles proves to be helpful to you or you have questions, please email me at secondchancetolive1@yahoo.com.