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| |  |  |  | | --- | --- | --- | |  |  | [BrainTalk Communities](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\index.php) > [Specific Neurological Conditions (A - L)](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\forumdisplay.php%3ff=74) > [Aneurysm](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\forumdisplay.php%3ff=85) | | **A Letter From Your Brain...remember This Letter??** | | | | Top of Form   |  |  |  |  | | --- | --- | --- | --- | | User Name |  | Remember Me? | | | Password |  |  |  |     Bottom of Form |

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| #**[1](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=94406&postcount=1" \t "new)**  04-13-2007, 01:07 AM |
| |  |  |  | | --- | --- | --- | | [Gabrielli](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=4677)  Banned |  | Join Date: Dec 2006  Location: In a little nest in Minn  Posts: 693 | |
| **A Letter From Your Brain...remember This Letter??**  This was a sticky post before the server went down last year...I asked that it be put back up...till then I printed it for everyone...     A Letter From Your Brain   --------------------------------------------------------------------------------    Hello,  I'm glad to see that you are awake! This is your brain talking. I had to find some way to communicate with you. I feel like I barely survived WWIII and am still not quite all in one piece. That's why I need you. I need you to take care of me.  As time passes and you and I feel better and better, people, even doctors, will tell you that we are fine, "it's time to get on with life." That sounds good to me and probably even better to you. But before you go rushing back out into that big wide world, I need you to listen to me, really listen. Don't shut me out. Don't tune me out. When I'm getting into trouble I'll need your help more than I ever have before.  I know that you want to believe that we are going to be the same. I'll do my best to make that happen. The problem is that too many people in our situation get impatient and try to rush the healing process; or when their brains can't fully recover they deny it and, instead of adapting, they force their brains to function in ways they are no longer able too. Some people even push their brains until they seize, and worse... I'm scared. I'm afraid that you will do that to me. If you don't accept me I am lost. We both will be lost.  How can I tell you how much I need you now? I need you to accept me as I am today... not for what I used to be, or what I might be in the future. So many people are so busy looking at what their brains used to do, as if past accomplishments were a magical yardstick to measure present success or failures, that they fail to see how far their brains have come. It's as if here is shame, or guilt, in being injured. Silly, huh?  Please don't be embarrassed or feel guilt, or shame, because of me. We are okay. We have made it this far. If you work with me we can make it even further. I can't say how far. I won't make any false promises. I can only promise you this, that I will do my best.  What I need you to do is this: because neither of us knows how badly I've been hurt (things are still a little foggy for me), or how much I will recover, or how quickly, please go s-l-o-w-l-y when you start back trying to resume your life. If I give you a headache, or make you sick to your stomach, or make you unusually irritable, or confused, or disoriented, or afraid, or make you feel that you are overdoing it, I'm trying to get your attention in the only way I can. Stop and listen to me.  I get exhausted easily since being hurt, and cannot succeed when overworked. I want to succeed as much as you do. I want to be as well as I can be, but I need to do it at a different pace than I could before I got hurt. Help me to help us by paying attention and heeding the messages I send to you.  I will do my part to do my very best to get us back on our feet. I am a little worried though that if I am not exactly the same... you will reject me and may even want to kill us. Other people have wanted to kill their brains, and some people have succeeded. I don't want to die, and I don't want you to die.  I want us to live, and breath and be, even if being is not the same as it was. Different may be better. It may be harder too, but I don't want you to give up. Don't give up on me. Don't give up on yourself. Our time here isn't through yet. There are things that I want to do and I want to try, even if trying has to be done in a different way. It isn't easy. I have to work very hard, much harder, and I know that you do too. I see people scoff, and misunderstand. I don't care. What I do care about is that you understand how hard I am working and how much I want to be as good as I can be, but I need you to take good care of us, as well as you can do that.  Don't be ashamed of me. We are alive. We are still here. I want the chance to try to show you what we are made of. I want to show you the things that are really important in life. We have been given another chance to be better, to learn what is really important. When it is finally time for our final exit I would like to look back and feel good about what we made of us and out of everything that made up our life, including this injury. I cannot do it without you. I cannot do it if you hate me for the way being injured has affected me and our life together. Please try not to be bitter in grief. That would crush me.  Please don't reject me. There is little I can do without you, without your determination to not give up. Take good care of us and of yourself. I need you very much, especially now.   ©1996 Stephanie St. Claire  May be reprinted for personal, not for profit use.     ooxx mimi  Last edited by Moderator #3 : 04-20-2007 at *04:27 AM*. Reason: Add copyright |

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| #**[2](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=94531&postcount=2" \t "new)**  04-13-2007, 10:00 AM |
| |  |  |  | | --- | --- | --- | | [JulieNH](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=2182)  Distinguished Community Member |  | Join Date: Oct 2006  Posts: 811 | |
| Thanks Mimi,  Julie |

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| **JulieNH** |
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| #**[3](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=94547&postcount=3" \t "new)**  04-13-2007, 10:29 AM |
| |  |  |  | | --- | --- | --- | | [tg\_is\_me](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=8323)  Community Member |  | Join Date: Mar 2007  Location: Melbourne, Australia  Posts: 49 | |
| Thanks for that Mimi, I haven;t read that before. It really is food for thought for us all.  Love Tina xx |

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| **tg\_is\_me** |
| [View Public Profile](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=8323) |
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| #**[4](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=94609&postcount=4" \t "new)**  04-13-2007, 12:39 PM |
| |  |  |  | | --- | --- | --- | | [Gabrielli](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=4677)  Banned |  | Join Date: Dec 2006  Location: In a little nest in Minn  Posts: 693 | |
| Still waiting to hear from Mike so this can be put back on Sticky...I contacted him three or more day's ago...so others please contact him too about this...would be nice to see it up again...thanks  ooxx mimi |

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| **Gabrielli** |
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| #**[5](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=94617&postcount=5" \t "new)**  04-13-2007, 12:48 PM |
| |  |  |  | | --- | --- | --- | | [mamakat](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=1801)  New Community Member |  | Join Date: Oct 2006  Location: Burlington,Ky  Posts: 27 | |
| Good Job! And thanks. Kat |

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| **mamakat** |
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| #**[6](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=94638&postcount=6" \t "new)**  04-13-2007, 01:42 PM |
| |  |  |  |  | | --- | --- | --- | --- | |  | [Suzanne\*Canada](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=178)  Distinguished Community Member |  | Join Date: Oct 2006  Posts: 397 | |
| Mimi there is a copyright on that letter.... let me go and look it up.. the Author asked that this letter NOT be shared without the copyright attached.. let me go find it and i will post it here when i do.  Suzanne |

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| **Suzanne\*Canada** |
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| #**[7](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=94643&postcount=7" \t "new)**  04-13-2007, 01:46 PM |
| |  |  |  |  | | --- | --- | --- | --- | |  | [Suzanne\*Canada](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=178)  Distinguished Community Member |  | Join Date: Oct 2006  Posts: 397 | |
| **here we go**  Here is the Letter From Your Brain WITH the appropriate copyright attached... she got very upset that this was being shared without the copyright.. so let's fix that and give credit where credit is due!   **Hello,  I'm glad to see that you are awake! This is your brain talking. I had to find some way to communicate with you. I feel like I barely survived WWIII and am still not quite all in one piece. That's why I need you. I need you to take care of me.  As time passes and you and I feel better and better, people, even doctors, will tell you that we are fine, "it's time to get on with life." That sounds good to me and probably even better to you. But before you go rushing back out into that big wide world, I need you to listen to me, really listen. Don't shut me out. Don't tune me out. When I'm getting into trouble I'll need your help more than I ever have before.  I know that you want to believe that we are going to be the same. I'll do my best to make that happen. The problem is that too many people in our situation get impatient and try to rush the healing process; or when their brains can't fully recover they deny it and, instead of adapting, they force their brains to function in ways they are no longer able too. Some people even push their brains until they seize, and worse... I'm scared. I'm afraid that you will do that to me. If you don't accept me I am lost. We both will be lost.  How can I tell you how much I need you now? I need you to accept me as I am today... not for what I used to be, or what I might be in the future. So many people are so busy looking at what their brains used to do, as if past accomplishments were a magical yardstick to measure present success or failures, that they fail to see how far their brains have come. It's as if here is shame, or guilt, in being injured. Silly, huh?  Please don't be embarrassed or feel guilt, or shame, because of me. We are okay. We have made it this far. If you work with me we can make it even further. I can't say how far. I won't make any false promises. I can only promise you this, that I will do my best.  What I need you to do is this: because neither of us knows how badly I've been hurt (things are still a little foggy for me), or how much I will recover, or how quickly, please go s-l-o-w-l-y when you start back trying to resume your life. If I give you a headache, or make you sick to your stomach, or make you unusually irritable, or confused, or disoriented, or afraid, or make you feel that you are overdoing it, I'm trying to get your attention in the only way I can. Stop and listen to me.  I get exhausted easily since being hurt, and cannot succeed when overworked. I want to succeed as much as you do. I want to be as well as I can be, but I need to do it at a different pace than I could before I got hurt. Help me to help us by paying attention and heeding the messages I send to you.  I will do my part to do my very best to get us back on our feet. I am a little worried though that if I am not exactly the same... you will reject me and may even want to kill us. Other people have wanted to kill their brains, and some people have succeeded. I don't want to die, and I don't want you to die.  I want us to live, and breath and be, even if being is not the same as it was. Different may be better. It may be harder too, but I don't want you to give up. Don't give up on me. Don't give up on yourself. Our time here isn't through yet. There are things that I want to do and I want to try, even if trying has to be done in a different way. It isn't easy. I have to work very hard, much harder, and I know that you do too. I see people scoff, and misunderstand. I don't care. What I do care about is that you understand how hard I am working and how much I want to be as good as I can be, but I need you to take good care of us, as well as you can do that.  Don't be ashamed of me. We are alive. We are still here. I want the chance to try to show you what we are made of. I want to show you the things that are really important in life. We have been given another chance to be better, to learn what is really important. When it is finally time for our final exit I would like to look back and feel good about what we made of us and out of everything that made up our life, including this injury. I cannot do it without you. I cannot do it if you hate me for the way being injured has affected me and our life together. Please try not to be bitter in grief. That would crush me.  Please don't reject me. There is little I can do without you, without your determination to not give up. Take good care of us and of yourself. I need you very much, especially now.   Love,   your wounded brain  ©1996 Stephanie St. Claire  May be reprinted for personal, not for profit use.** |

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| **Suzanne\*Canada** |
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| #**[8](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=94651&postcount=8" \t "new)**  04-13-2007, 02:02 PM |
| |  |  |  | | --- | --- | --- | | [Gabrielli](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=4677)  Banned |  | Join Date: Dec 2006  Location: In a little nest in Minn  Posts: 693 | |
| Thanks Suzanne, Sorry about that,I don't know anything about copyrights...just know it was up on the site for years and I printed it out then.  ooxx mimi |

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| **Gabrielli** |
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| #**[9](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=94683&postcount=9" \t "new)**  04-13-2007, 02:50 PM |
| |  |  |  | | --- | --- | --- | | [Horsegirl](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=8674)  Community Member |  | Join Date: Apr 2007  Posts: 54 | |
| Thanks, this was great to see. |

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| **Horsegirl** |
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| #**[10](C:\\Documents and Settings\\HP_Administrator\\Desktop\\showpost.php?p=97580&postcount=10" \t "new)**  04-19-2007, 05:01 PM |
| |  |  |  | | --- | --- | --- | | [wwa756](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\member.php%3fu=8474)  New Community Member |  | Join Date: Apr 2007  Posts: 3 | |
| **Thank you!!!**  Hi Gabrielli:  I am taking this moment to thank you for your lifesaving and lifegiving message to your fellow survivors. May God protect you and loved ones. Amen!!!  Gratefully, WWA756 |

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| **wwa756** |
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| [I got my approval letter today](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\showthread.php%3ft=10303) | brians2000 | Social Security Disability | 8 | 02-28-2007 10:23 AM |
| [My Letter to Sen. Tim Johnson's wife re: AVM](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\showthread.php%3ft=6584) | Ted-T | Vascular Malformations | 0 | 12-24-2006 02:05 PM |
| [Grandma's Letter](file:///C:\Documents%20and%20Settings\HP_Administrator\Desktop\showthread.php%3ft=2323) | Braindrain | Comic Relief | 0 | 10-23-2006 03:41 PM |

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