

Personal Limitations: Dealing With My New Reality

Source: BrainLine.org (Produced by Victoria Youcha and Brian King)

Video Link: <http://www.brainline.org/content/multimedia.php?id=2392>

Kelli Gary: To a certain degree I was able to recognize my own limitations, but there was still areas that I thought, you know, I could do. You know, I was like, I know I can do this. It's just something's not right, or I just need to work a little harder. By the time I spent those two months back in school in Florida a lot more came to realization, but it was only through the experiences that I had. And not only was it the fact that I couldn't do it, it was the fact that nothing was the same as I thought it was going to be. I thought all I had to do was go back, get into my old routine, and everything would be the same. But it wasn't.

I had a different, you know, presence around people. My interactions were different. They were more awkward. You know, I couldn't communicate with individuals the way that I used to. People saw me and they thought I was okay because I fell in that category of silent epidemic that brain injury. The injuries are more invisible and they couldn't understand what was wrong with me, but they knew something was wrong. That shame of being even labeled as the person I wasn't and, you know, not having those people that I thought would be in my corner in my corner because they didn't understand it.

All of those things started to come into play. And all of it together converged at one point and at one time. And that's basically what allowed me to break and say: Okay, you're right. I can't handle this. But I wouldn't do it initially. I knew I couldn't handle it. But it wasn't until my friends initiated it that the friends that I still have to this very day. You know, because there are a few out there that will still be your friends. There's a whole bunch that you think that were your friends that won't and you'll find out at that point. But there's still one or two that were still my friends. And those were the ones that helped save me. My relationships started to like the type of people that I went out with and the frequency of my dating pattern started to decrease. I started to look inward focus more on me. I started to learn how to go to the movies on my own and enjoy being by myself. And the more and more I started to focus on me and doing stuff for others instead of taking my focus off of being with another person to validate me that's when I started to get better. And actually that prepared for my next marriage.