

## **Craniotomy Support Group Newsletter 01/08/15**

There is an old saying that a picture is worth a thousand words. What picture would you use to describe yourself and what you have been through?

During this support group we looked at a photo exhibit that was put together by a brain injury survivor's group out of Boston. Each participant in the project took photographs and wrote personal narratives that reflect their experience living with brain injury. This is a very therapeutic way to look at where you have been, and what picture you would use to describe where you are now. Here are a few examples of pictures others have taken:



On a road to the unsure, it is wide open and space unknown. I am going on an unknown trip. I don't know exactly where I'm headed or where I'll end up, whether happily, tensely or scared. We face trials and errors. It makes us take the leap or plunge, hoping to make the best of what and when you find it. There is uncertainty.



It's a muddy, ruddy, hands-and-knees crawl up to the first rung of the ladder that begins to make some semblance of sense—and then you get to begin to really struggle. The climb does not and will not end. There is no final healed bone or mended tear of the skin to get over. Sometimes weekly, and sometimes daily there is a new step to attempt to get to your "new self". You can't even ever hope to get back to your "old self". Oh well! Maybe there will be a good view on this journey that I hadn't expected...



A light at the end of the tunnel? Upon reflection, this picture symbolizes what living with brain injury can be like. On an overcast day and laying flat on my back (now THERE's a metaphor!), I gazed up at the sky and took this picture through a tube. The clouds represented to me the sort of gloom that held a noticeable place in my life for a long time after my injury. Behind the clouds there is an inkling of a brightening sky, an encouraging prophesy of the possible and potential realization of bigger and better things. The scene being out beyond the end of a tunnel gives it the sense of the never-ending pursuit of the elusive self-satisfaction of being me. In the minds of many of us there are thoughts that we will never achieve some of the dreams we once held so dear...

Pictures taken from [www.brainline.org](http://www.brainline.org) *Brain injury X-posed: A survivors guide*

**Next meeting is 02/12/15 @ 5:30pm**

**Topic: To be determined**