

Message / epiphany / realization AHA moment you 'got' from this experience that you want to share with everyone

that a healthy, full person is one who accepts all the sides of herself equally - + maybe has some compassion for the weakest parts, instead of shame.

Ending Incident. When your desire was achieved, changed, overcome, etc.

before back to work, what I realized was that I had to accept all of myself + that the body has a wisdom all its own. + that this wisdom has to be respected, or else, Karma

Emotional Beat #3. A strong feeling you associate with this memory, event, conversation, concept...

making peace with frailty, having to start to heal again, from physical trauma + how frustrating that is. Trying to find the lesson.

Emotional Beat #2. A strong feeling you associate with this memory, event, conversation, concept...

fragmented, + new normal - why me? trying to understand myself, my reaction

Emotional Beat #1. A strong feeling you associate with this memory, event, conversation, concept...

Self doubt - what would happen to my mind? to me? 2 week window before CT scan + self diagnosing online catastrophizing.

Initiating Incident (Turning point or catalyst). When things changed; your desire began.

June 19 2015 took a line drive to the head (in softball) saw doctor in ER, + began a journey of questions

Desire Line: I want to have control over my body.

Time period (e.g. summer of 2015, grade 3, camping trip, conversation with my father, etc.): Concussion + immediate aftermath (2 month window)