

BEFORE

BEGINNING

Hello my name is Dianna McIntyre –Douglas and I have a disability called TBI (Traumatic Brain Injury) this means it may make a lot of things hard for me to comprehend or understand.

Sometimes I have a rough time understanding what I am reading. That's why I love taking notes if I am allowed to. I don't mind doing the work but my comprehension is not the best on some things.

Remembering names are hard for me and the things people say that are important to remember. I don't have a problem making friends I have problems keeping friends. Sometimes since I have a disability at times I look at people and in my mind I am thinking everyone is better than me because I have problems managing my anger and because of the times I have been bullied because I forgot what my friend told me to remember so I play like I know until I can get them to talk to me so I can have a little bit of hints but it still never works. The only part about my disability that I hate is the short term memory loss without that I'd be fine. Since I can't change that but I can try to help myself by taking notes and visualizing the story in my head. But I always hear people tell me that I am a good person and I will grow up to do great things hearing that helps me believe in myself a little more.

STRESS WARIOR

Sunday having dinner at grandma's house when ever I am with grandma I feel like I can talk to her about anything. I feel like all grandmas are special and sweet. I love it when my grandma cooks on holidays because she makes crispy dinner rolls and the best calla greens all grandmas are good cooks because they don't just put the ingredients that the meal needs because they always have to add a spoon full of sugar and five cups of love. So after we eat I start talking to my grandma about what freshman year at high school would be like and she gives me a little story about her first year

at high school and what she wore but back then when she was in school they wore cute little sun dresses with sandals or shorts with tank tops It was fun to listen to because she gave me some old catch phrases she used to use when she was young like sweetie pie and what a bummer or it ain't over till it's over that one I've heard before its from yogi bear and the last one that I honestly love is are you hip to it. She told me when it comes to first day of school and clothes wear something comfortable try not to wear anything loud that gets everyone's attention. So with that in mind, that style is ok but I consider myself an average teenager. And I like short shorts and belly shirts with flip flops. Can I wear any of those? NO! What about wedges. No, no, and, no! why grandma? Because you will attract every guy plus that should not be allowed in school you are not supposed to go to school and look attractive you are supposed to be going to school to get your education. Then what am I supposed to wear? Oh that's easy, you can wear jeans not too tight and if you wear a skirt it can't be too short and if you wear shorts they have to be to the top of your knees. Ok grandma I had no clue you were this strict about school I thought it was only mom. Ok well I will help you wash the dishes while you clean the table, then I have to get ready for school. As I wash the dishes I sing my heart away and trust me it's probably way better than me singing in the shower. Ok I finished the dishes now it's time for me to head out the door. Mom you ready? Yes dear. Ok bye grandma. As I give grandma a hug and a kiss she tells me she wishes there were more days like this hanging out together like this just like when you were young your mom went to work she would either call me and I come over to your house or if not she brought you to my house and no matter if you came here or I came to you. We would always make cupcakes. Wow time sure does fly. I can't believe you are off to high school. Just remember if anything goes wrong you can always call me. Ok bye grandma thanks bye bye dear. So, so I get in the car I say to myself grandmas are amazing as we are driving home I think about what I am going to wear now that I have grandmas advice I have to follow it. It's dark and I'm tired so I fall asleep and once I arrive at home I head to my room and get my backpack ready then I get my clothes ready and I hop in the shower after I finish my shower I

am tired so I hop in bed and in my mind there is so many thoughts running through my head that its even harder to fall asleep.

AFTER

BEGINNING

Hello my name is Dianna McIntyre –Douglas and I have TBI (Traumatic Brain Injury). TBI decreases my capacity to comprehend. Sometimes I have a rough time understanding what I am reading, that is why I love taking notes. Despite my struggle I am eager to do the work necessary to succeed. Remembering names and the things people say is challenging for me. I don't have a problem making friends but I have a problem keeping friends. Sometimes my disability gets the best of me. I think others are better than me because I have problems with memory and managing my anger. The worst part of my disability is the short term memory loss. I cannot change that but I help myself by taking notes and visualizing the story in my head. People tell me that I am a good person and I will grow up to do great things, hearing that improves my self esteem and confidence.

STRESS WARRIOR

Whenever I am with my grandma I feel like I can talk to her about anything. I believe all grandmas are special and sweet. I love it when my grandma cooks on holidays because she makes crispy dinner rolls and the best collard greens. All grandmas are good cooks because they include the ingredients that the meal needs and five cups of love.

On a recent visit I chatted with my grandma about what freshman year at high school will be like. She shares a story about her first year in high school. She tells me what she wore: cute sundresses with sandals or shorts with tank tops. She recommended I wear something comfortable and subtle. As a teenager I prefer short shorts and belly shirts with flip flops. "Can I wear any of those?"

"NO! What about wedges. No, no, and, no!"

"Why not grandma? "Because you will attract attention from boys". "You should not be allowed to wear that in school". "You go to school to get your education, not to be attractive".

"Then what am I supposed to wear?" "You can wear jeans that are not too tight, if you wear a skirt it cannot be too short and if you wear shorts they have to be right above your knees". "Okay grandma I had no clue you were this strict about school dress code".

Besides scolding me about my how to dress for school she gave me some old catch phrases she used when she was young like sweetie pie and what a bummer or it ain't over till it's over. That one I have heard before from yogi bear. The other one that I love is "are you hip to it". We wrap up our conversation and I offer to help her wash the dishes.

As I wash the dishes I sing my heart away and trust me it is probably way better than me singing in the shower. I finish the dishes and ask my mom if she's ready. She replies "yes dear".

As I hug and kiss my grandma she tells me she wishes there were more days like this, us hanging out together. She told me, "when you were young I would babysit you when she went to work". "She would either call me and I would come over to your house or she brought you to my house". "We would always make cupcakes". "Wow time sure does fly, I cannot believe you are off to high school". "Just remember if anything goes wrong you can always call me". "Ok bye grandma thanks" She replies "bye bye dear". On our way home I say to myself grandmas are amazing. I think about what I am going to wear based on grandma's advice. Once I arrive home I head to my room. I get my backpack clothes ready then I hop in the shower. After I finish my shower I hop in bed and attempt to fall asleep as thoughts swirl through my mind.