

Become Aware of Your New Self



Everyone saw but me

How injured I was

How I changed

How I struggled

How I became.

Everyone saw but me

The things I had lost and gained

The potential for a new life un-named.

Everyone saw but me

My new self and how different I would be.

Everyone saw but me how much better my life could be.

Everyone saw but me because the miracle I was waiting for could never be.

Become aware of your new self and recognize your life could be better.

Hoping to return to my previous life, I clung to the idea that I just needed to recover and I would be back to teaching elementary school. But every time I went to visit my classroom the ground would swirl, the walls would wobble, the sounds would overwhelm my fragile brain. It became obvious that every time I tried to return I would spend a longer period of time attempting to recover, on the couch, in the dark. Alone.

Hoping to return to my horse and riding passion, I found it impossible to attempt. Movement was dizzying, balance would fail and the risk became too great. And then our finances could no longer support me owning my horse that I couldn't even visit or ride.

Hoping to return to my musical life, hyperacusis, (a highly debilitating hearing disorder with increased sensitivity to sound) screamed in my head, "NO" you can't do that. So that all went away.

Eventually, I found that my loss of all that I previously did and identified as who I was led to enormous grief and finally the realization that I needed to invent a new life for myself. It needed to have things that provided purpose and a reason to get up in the morning. It needed to fill the gaping hole of lost passion and doing things I loved. And my new self needed to find

a community of like-minded friends. But in order to do that I needed to have a better understanding of my new self.

According to the Oxford dictionary “self-awareness is the conscious knowledge of one’s own character, feelings, motives and desires”. It is important because it helps us to monitor our emotions and thoughts in order to understand ourselves better and be at peace with who we are. Understanding my new situation and being at peace with myself seemed to be the key to recognizing and building a better life for myself.

These are some of the recommendations people gave me when I was exploring my new self-awareness:

- Learn to recognize you are you and not what you “do”.
- Pay attention to your feelings and desires in your life now.
- Write down in a journal or on paper everyday something that you enjoyed.
- The beginning of recovery is often a very difficult time of adjustment.
- Go easy on yourself.
- Give yourself time to relax and just heal.
- Healing takes however much time it needs.
- Stop being so hard on yourself.

You know what you can no longer do and you know that over time your new self will emerge. And maybe your “self” will remain the exact same. However, what do you hear other people say about your new self or how you have changed?

Without going back to your “before” days, in what ways could you see your life being better?

Paying attention to your new self and recognizing your life could be better is the first step in reinventing oneself after loss. It is a journey. It can be long and frustrating but having some

self-awareness, courage and possibly some attitudinal changes will help you to move forward. Blessings on the beginning of your journey towards self-awareness.

Affirmation: I can find peace through a better understanding and awareness of myself which will lead to a well lived life.