My UnNormal Life Story

Tell Your Story. Let It Become a Poem.

One survivor to another

If you've had a brain injury, you already know something most people never will — what it's like to lose the person you were and have to meet the person you are now. Nobody hands you a manual. You figure it out one hard day at a time.

I want to hear your story. Not the polished version. The real one.

What I'm Doing

My UnNormal Life Story is where it starts. I'm collecting brain injury survivor stories and turning them into original poems, written in my voice, based on how your story lands with me. Each selected story becomes a Kindle Short — a 15 to 30 minute read — built entirely around a real survivor telling it straight.

This isn't your story rewritten. It's my interpretation of it, one survivor reading another survivor's truth and turning it into something that rhymes and still hits like a fact.

This is open and ongoing — not a contest, no judging panel, no fixed deadline. I'll keep reading submissions as they come in, and once I've collected around 20 stories, I'll close this submission period. If you're reading this and it's still open, there's still time.

What to Submit

Write it raw. No word limit. Say as much or as little as it takes. You can write it out, or record it as a voice memo — whichever is easier for you.

Tell me:

1. **Before** — Who you were before it happened. The pace of your life, the person you were, the things that came easy.
2. **The Day** — What happened. The injury itself, as much or as little detail as you're willing to give.
3. **The Change** — What it took from you. What got hard. What you had to relearn, fight

for, or grieve.

4. **Now / The Future** — Where you're at today, and where you're headed. Changed, but here.

There's no wrong way to write this. Angry, sarcastic, hopeful, exhausted — all of it belongs. Only a survivor understands another survivor. Write like you're talking to one.

How It Works

- Send your story — written or as a voice recording — to **submit@myunnormallife.com**.
- I read every submission myself.
- If yours is selected, I'll write eight poems interpreting your story, in eight different tones, and build it into its own short book in the *UnNormal Stories* series — a 15 to 30 minute read.
- Selected stories may also be featured on the **My UnNormal Life Story Podcast**, in your own words.
- Before anything is published or aired, you'll review and approve the final version. See the Submission Consent & Release page for the full terms — no payment is ever asked of you, and any proceeds are intended for a future foundation connecting brain injury survivors.

Submission Period

This is open now and stays open until I've collected around 20 stories — then I'll close it to focus on writing. There's no fixed deadline before that. Submit whenever you're ready.

Submit Your Story

Email your story — written or voice recorded — to **submit@myunnormallife.com**.

See **MyUnNormalLife.com** for more details.

This is My UnNormal Life Story. You're still here. Changed, but here. Let's put that on the page.