UnNormal Stories™ — Submission Packet

Your story, in your own words. Type it, talk it, or both.

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. This packet is how you tell me that story.

You can fill this out two ways, or mix both: type your answers directly into the boxes on the pages that follow, or record yourself talking through each section as a voice memo on your phone. Most survivors find they open up more by talking than typing — so if you're not sure, talk.

How to Record a Voice Memo on Your Phone

iPhone: Open the built-in Voice Memos app. Tap the red record button, answer the section's questions out loud, then tap stop. Tap the recording and use the … menu to rename it — name it after the section ("Before," "The Day," etc.).

Android: Open your phone's Voice Recorder (or Samsung Voice Recorder / Google Recorder). Tap record, answer the section's questions out loud, then tap stop and save. Rename the file after the section the same way.

Don't worry about sounding polished. Stumbles, pauses, and "let me think" are all fine — this is your real voice telling your real story, not a performance.

How to Submit

When you're done — whether you typed it, recorded it, or both — email everything to:

submit@myunnormallife.com

Attach this filled-in PDF (save it first — your typed answers will be saved in the file) and any voice memo files you recorded, right in the same email. One email, whatever mix of text and audio you have.

This is open and ongoing — not a contest, no judging panel, no fixed deadline. I read every submission myself. Once I've collected around 20 stories I'll close this submission period, so if you're reading this, there's still time.

Please also read the separate Submission Consent & Release page before you submit — it explains exactly what happens to your story if it's selected, and you'll confirm you've read it on page 2 of this packet.

About You

Section 1 of 6 — a few basics, and your consent to submit

Full name

_____

Email address

_____

Phone number (optional)

_____

How should your story be identified?

- ☐ My real first name
- ☐ A made-up name (write it below)

  Name to use: _____

- ☐ Anonymous — no name at all

A couple of confirmations

- ☐ I'm 18 or older, or I have a parent/guardian's permission to submit.
- ☐ I've read the Submission Consent & Release page and understand what I'm agreeing to.

Interested in also being on the podcast?

- ☐ Yes — I'd consider recording an episode
- ☐ Maybe — tell me more first
- ☐ No — just the written/audio submission

Section 2: Before

Tell it your way — write, talk, or both.

Who were you before it happened? The pace of your life, the person you were, the things that came easy.

Think: your job, your routines, what you were good at, what a normal day looked like.

Prefer to talk it out? Skip the box below and record a voice memo on your phone answering this section instead. Save it as "Section 2: Before" and attach it to your submission email — see page 1 for how.

Section 3: The Day

Tell it your way — write, talk, or both.

What happened? The injury itself — as much or as little detail as you're willing to give.

There's no requirement to go clinical here. Tell it the way you'd tell another survivor.

Prefer to talk it out? Skip the box below and record a voice memo on your phone answering this section instead. Save it as “Section 3: The Day” and attach it to your submission email — see page 1 for how.

Section 4: The Change

Tell it your way — write, talk, or both.

What did it take from you? What got hard. What you had to relearn, fight for, or grieve.

This is often the hardest section to write and the easiest to talk through out loud.

Prefer to talk it out? Skip the box below and record a voice memo on your phone answering this section instead. Save it as "Section 4: The Change" and attach it to your submission email — see page 1 for how.

Section 5: Now / The Future

Tell it your way — write, talk, or both.

Where are you today, and where are you headed? Changed, but here.

Angry, sarcastic, hopeful, exhausted — all of it belongs. Write or talk like you're talking to another survivor, because you are.

Prefer to talk it out? Skip the box below and record a voice memo on your phone answering this section instead. Save it as "Section 5: Now / The Future" and attach it to your submission email — see page 1 for how.

Final Confirmation

Section 6 of 6 — last check before you send it

Almost done. A couple of last confirmations, then save this PDF and email it — along with any voice memos — to submit@myunnormallife.com.

- ☐ Everything in this submission (written and/or recorded) is true and is my own experience to share.
- ☐ I understand Chief Chuck reads every submission himself, I'll review and approve the final version before anything is published or aired, and this is unpaid — no payment will ever be requested from me or promised to me.

Signature

Signed (type your name): _____ Date: _____

Last step: save this file, then email it to submit@myunnormallife.com along with any voice memos you recorded. Thank you for trusting me with your story.

— Chief Chuck

www.MyUnNormalLife.com