

bravetm
on the page

EXPRESSIVE WRITING
for self-discovery and meaning



pediatricpilepsy
surgeryalliance.

Telling Your Story After Epilepsy Surgery

with bestselling author + speaker

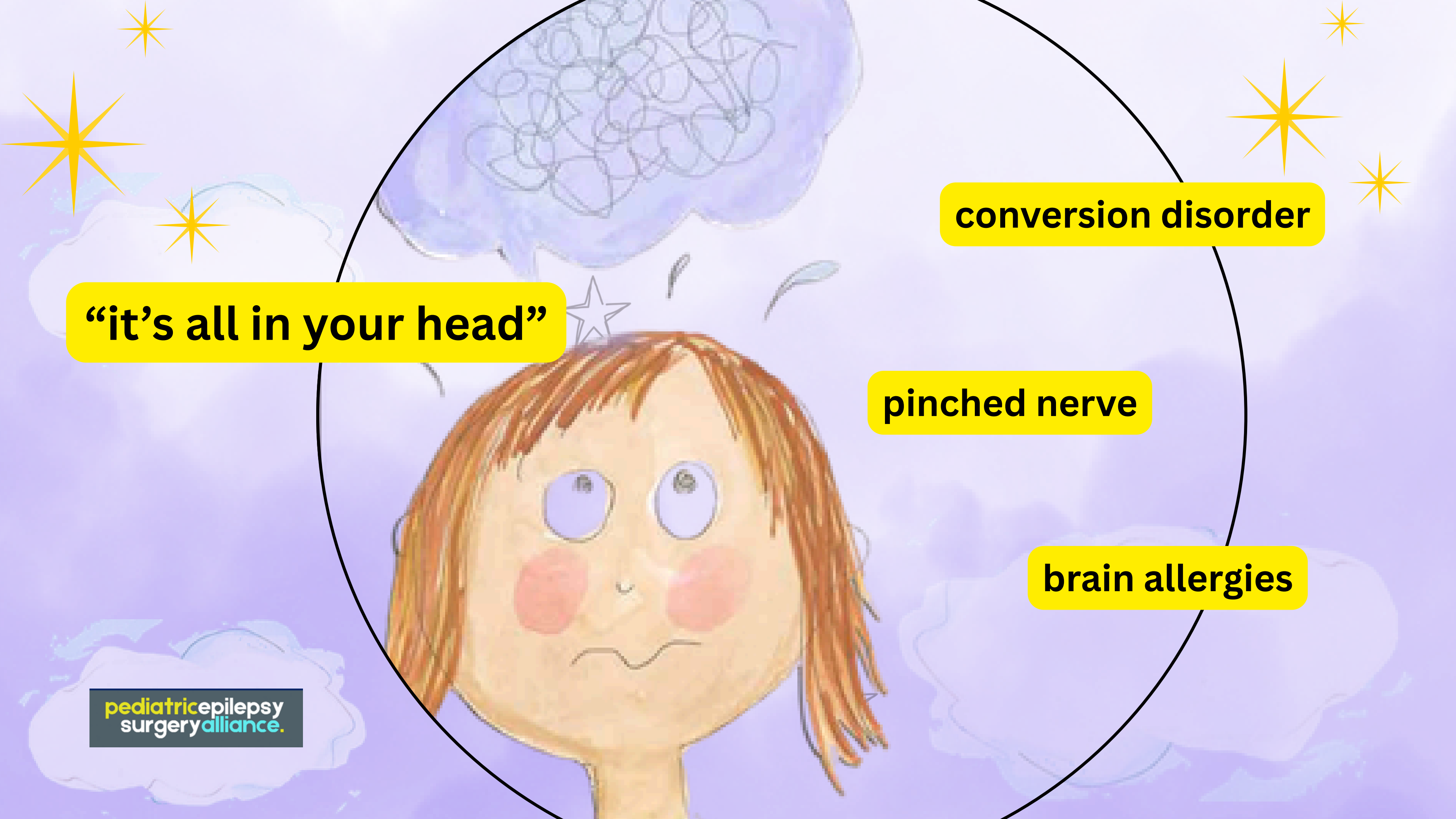
Marianne Richmond





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An illustration of a young girl with brown hair and rosy cheeks, looking upwards with a concerned expression. Above her head is a large, stylized brain. The background is a light purple sky with white clouds and several yellow starburst shapes. A large black circle frames the girl and the brain. Three yellow rounded rectangular boxes contain text: 'conversion disorder' at the top right, 'pinched nerve' in the middle right, and 'brain allergies' at the bottom right. A yellow box on the left contains the phrase 'it's all in your head'. In the bottom left corner, there is a logo for 'pediatric epilepsy surgery alliance' in a dark grey box.

“it’s all in your head”

conversion disorder

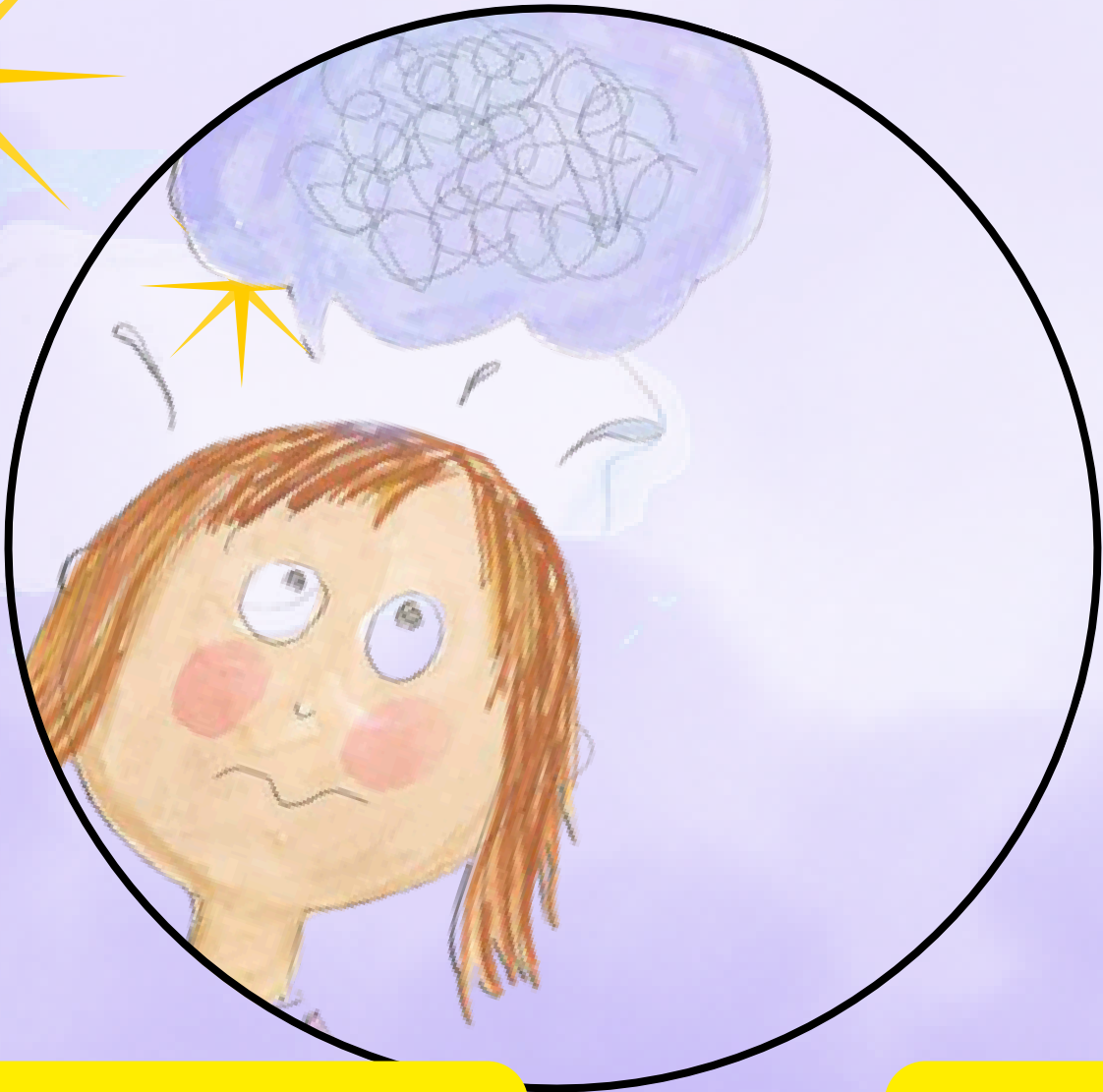
pinched nerve

brain allergies

disbelieved

embarrassed

scared



depressed

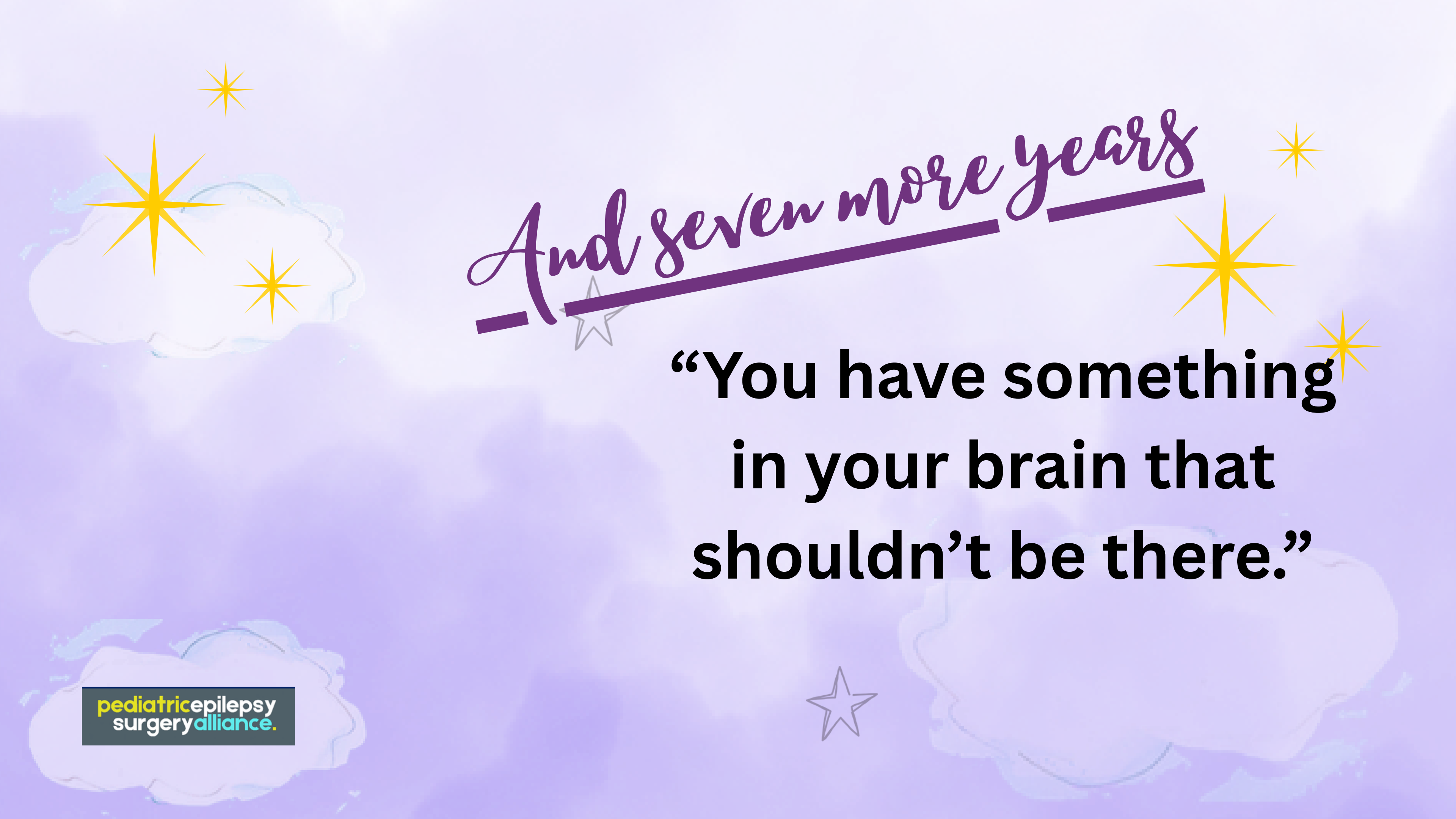
alone

unsafe

anxious

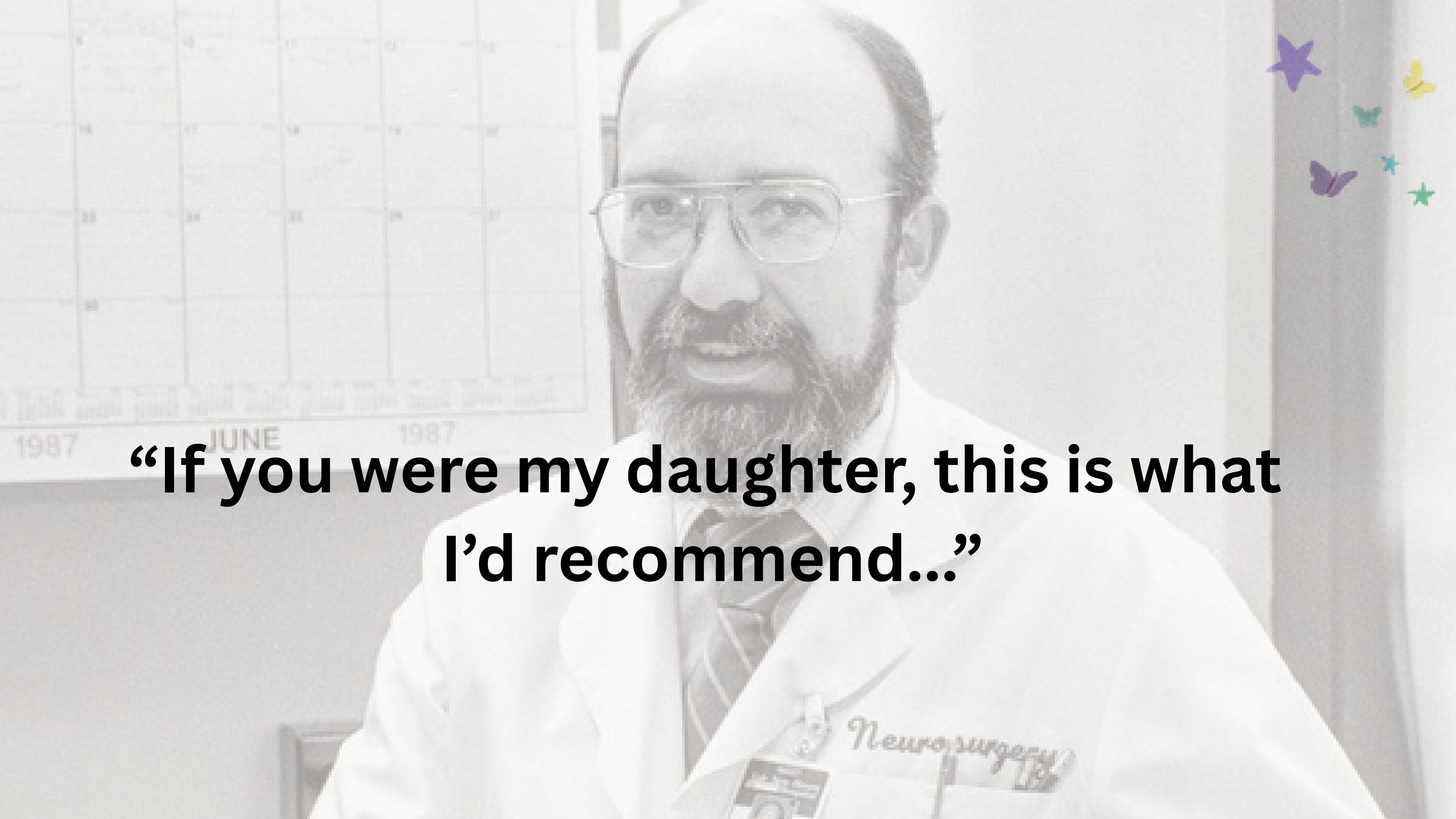
At 17 years old,

“You have epilepsy.”

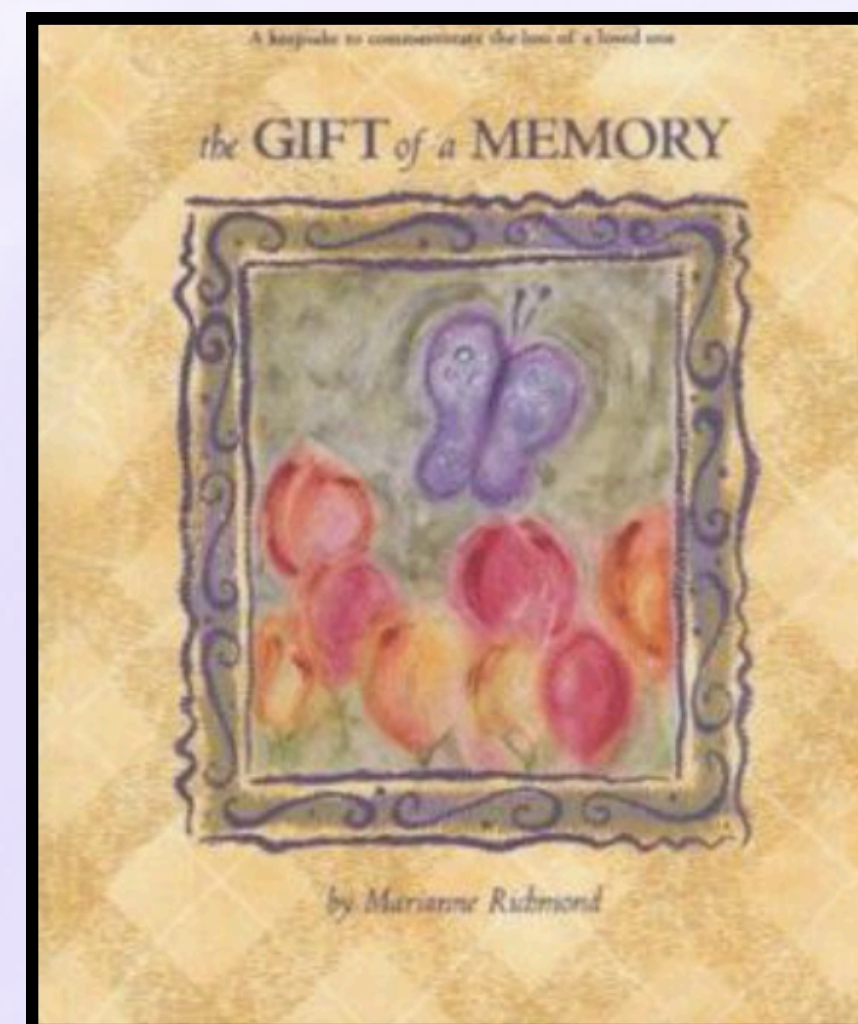


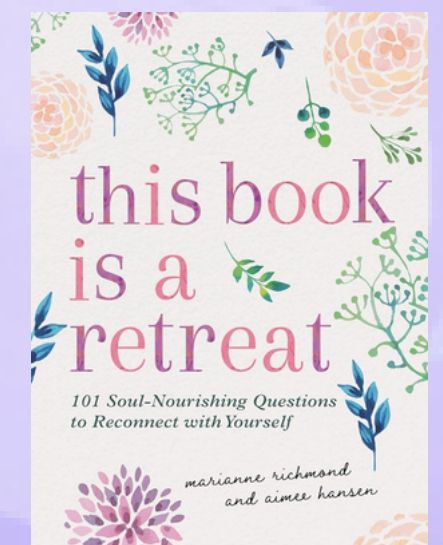
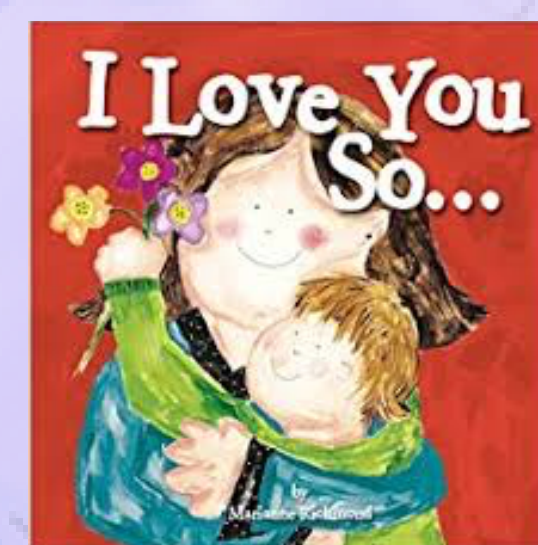
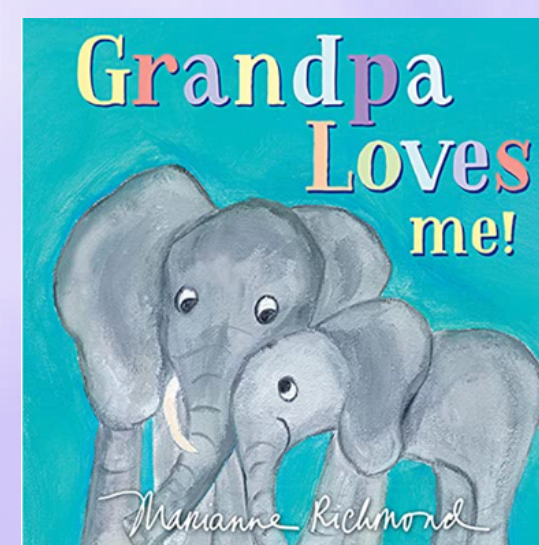
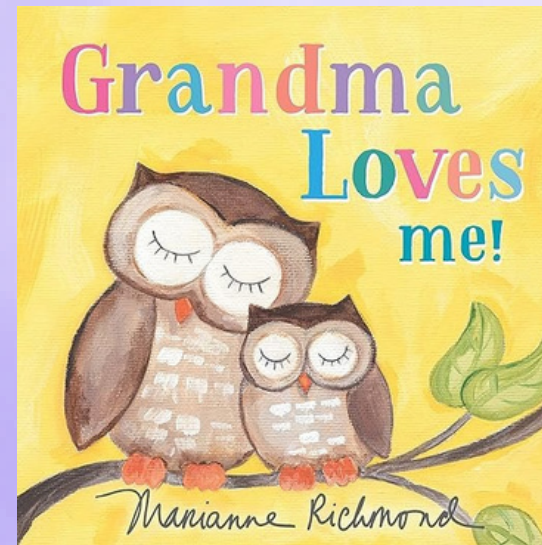
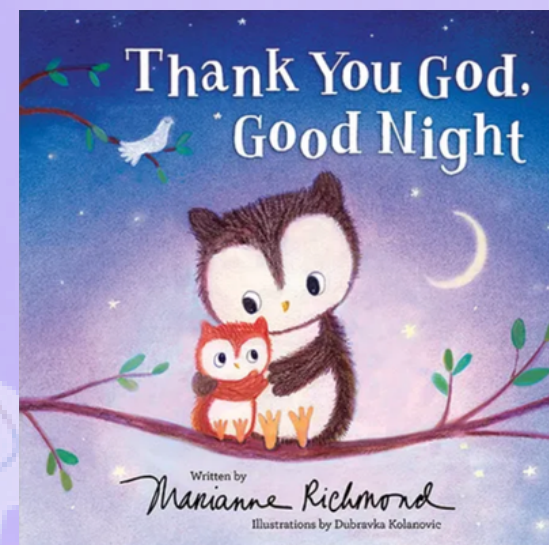
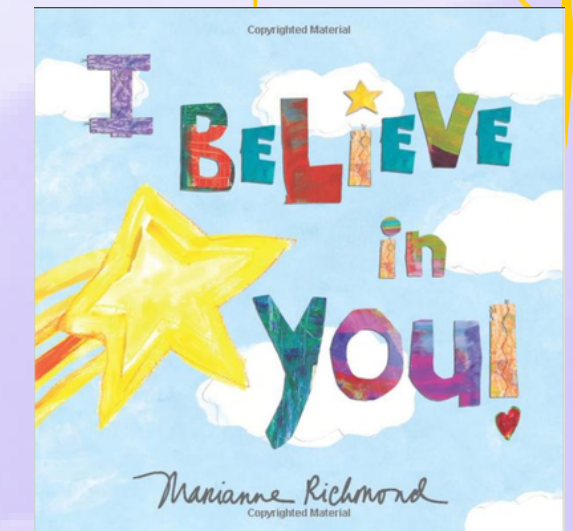
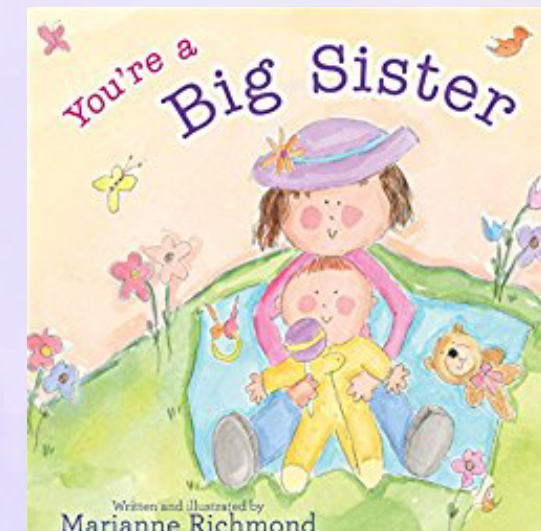
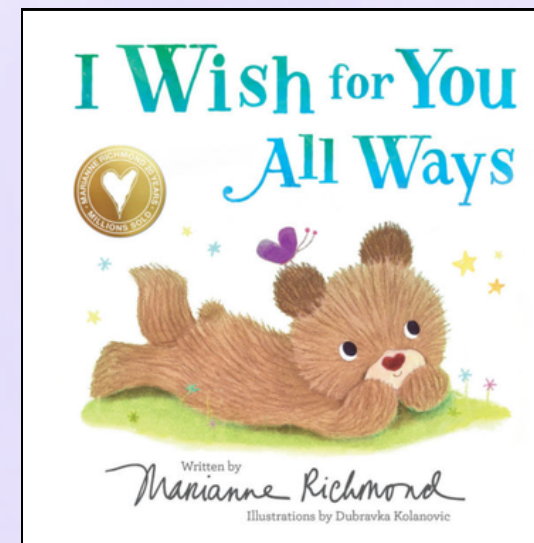
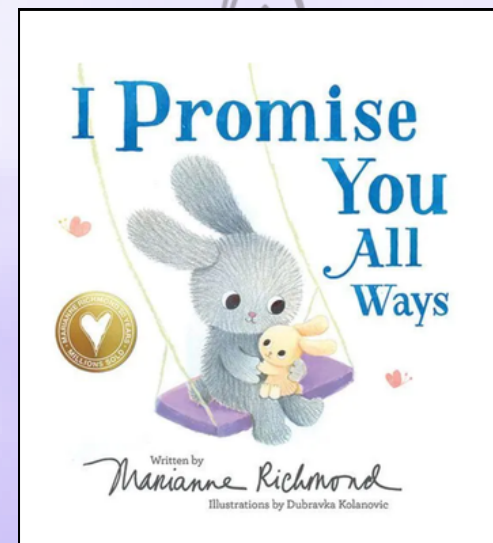
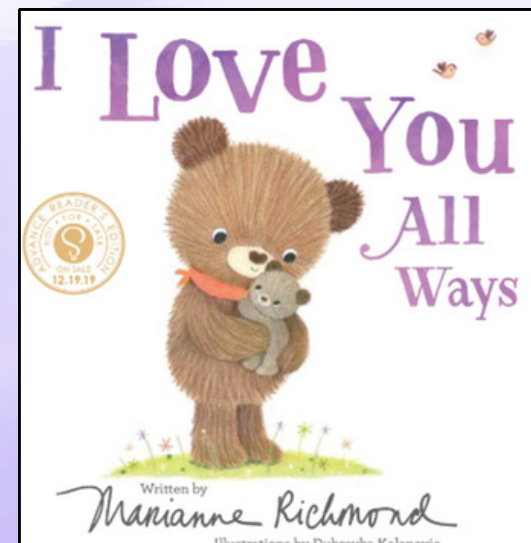
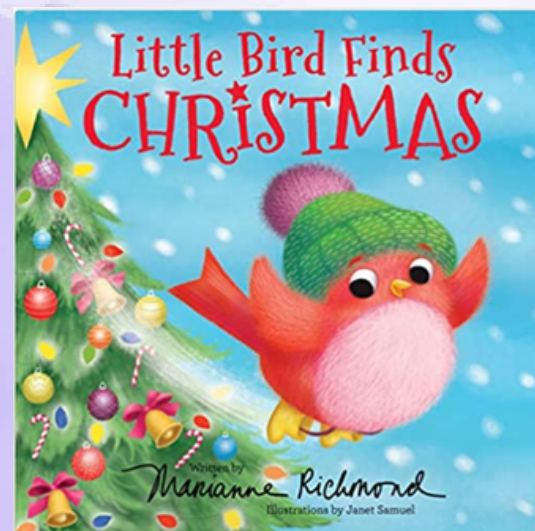
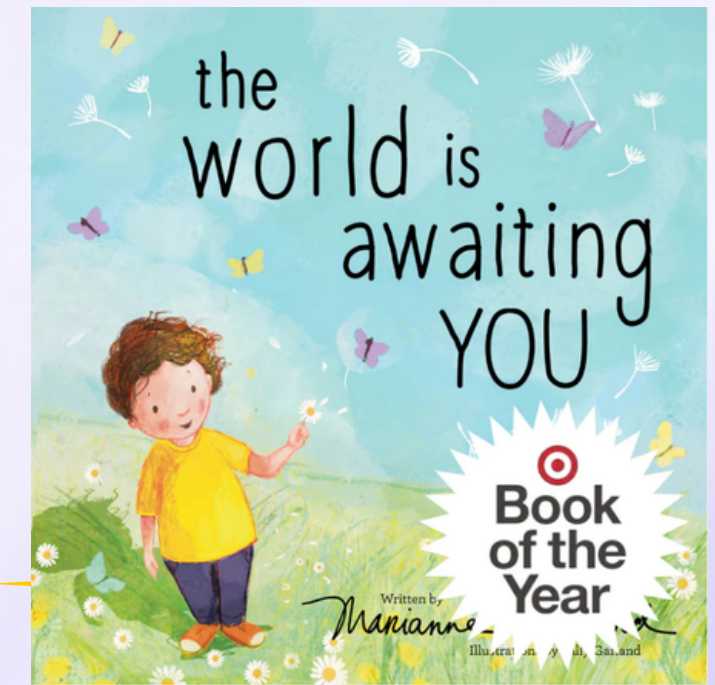
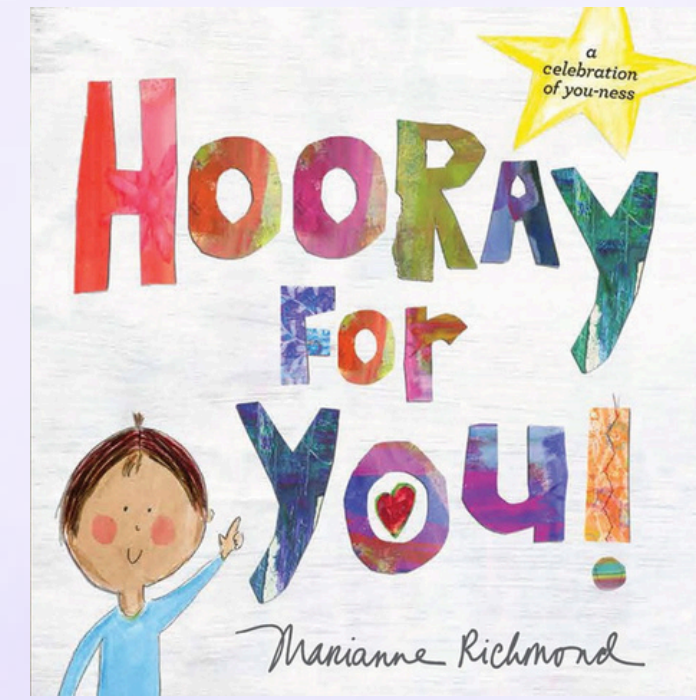
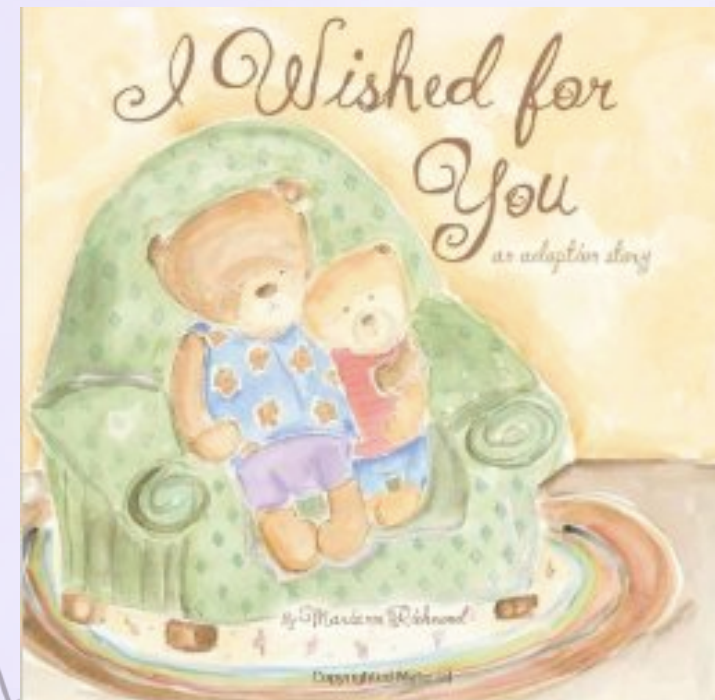
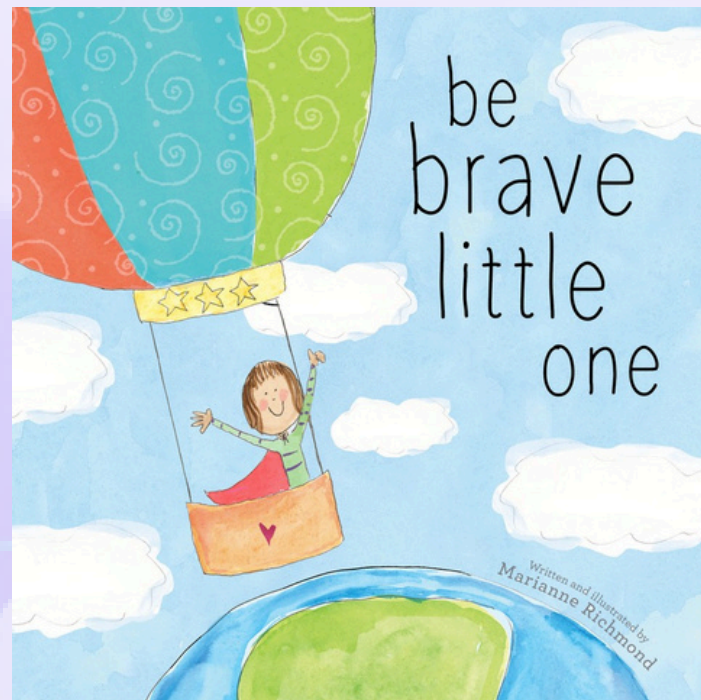
And seven more years

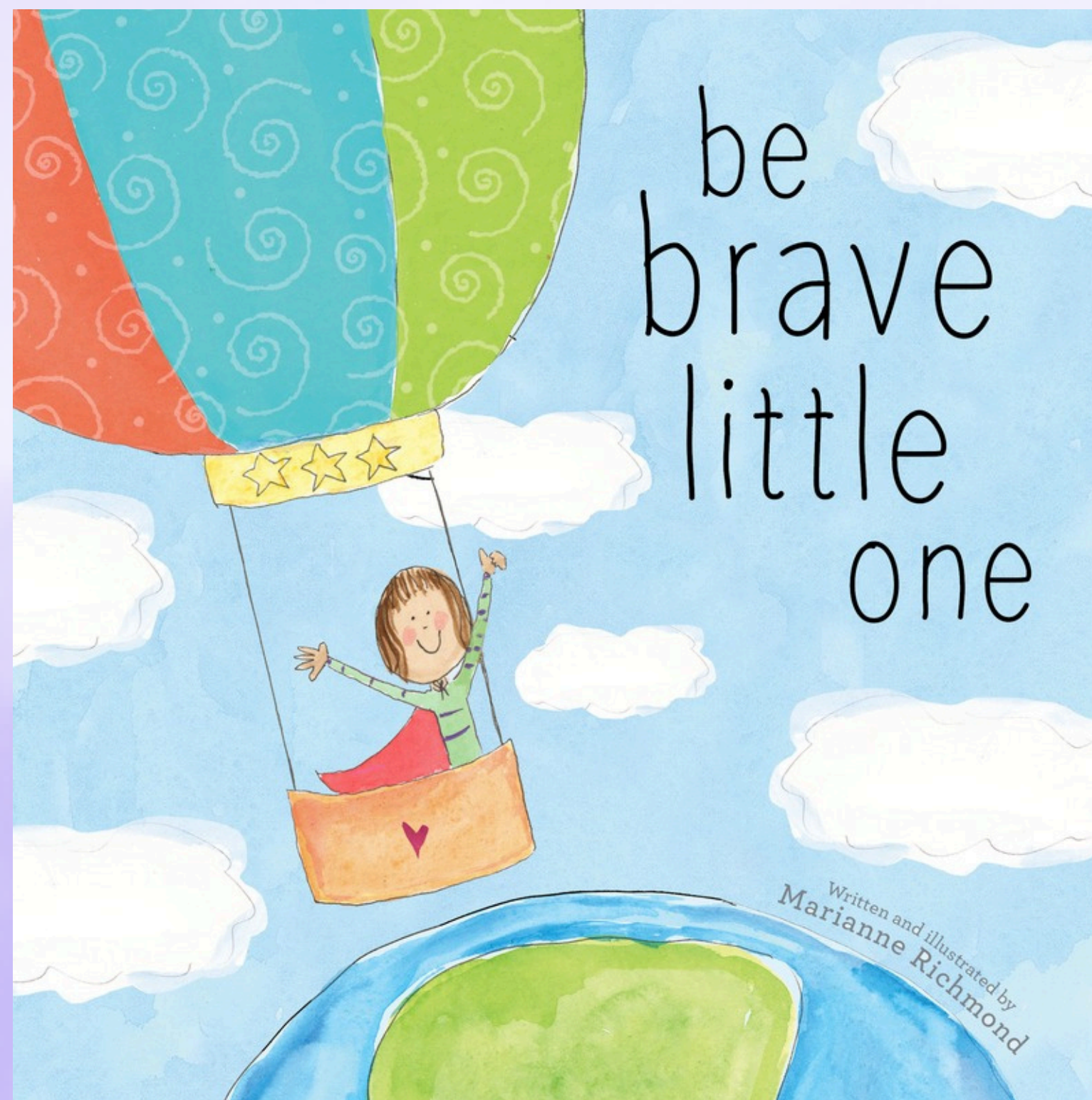
**“You have something
in your brain that
shouldn’t be there.”**



**“If you were my daughter, this is what
I’d recommend...”**





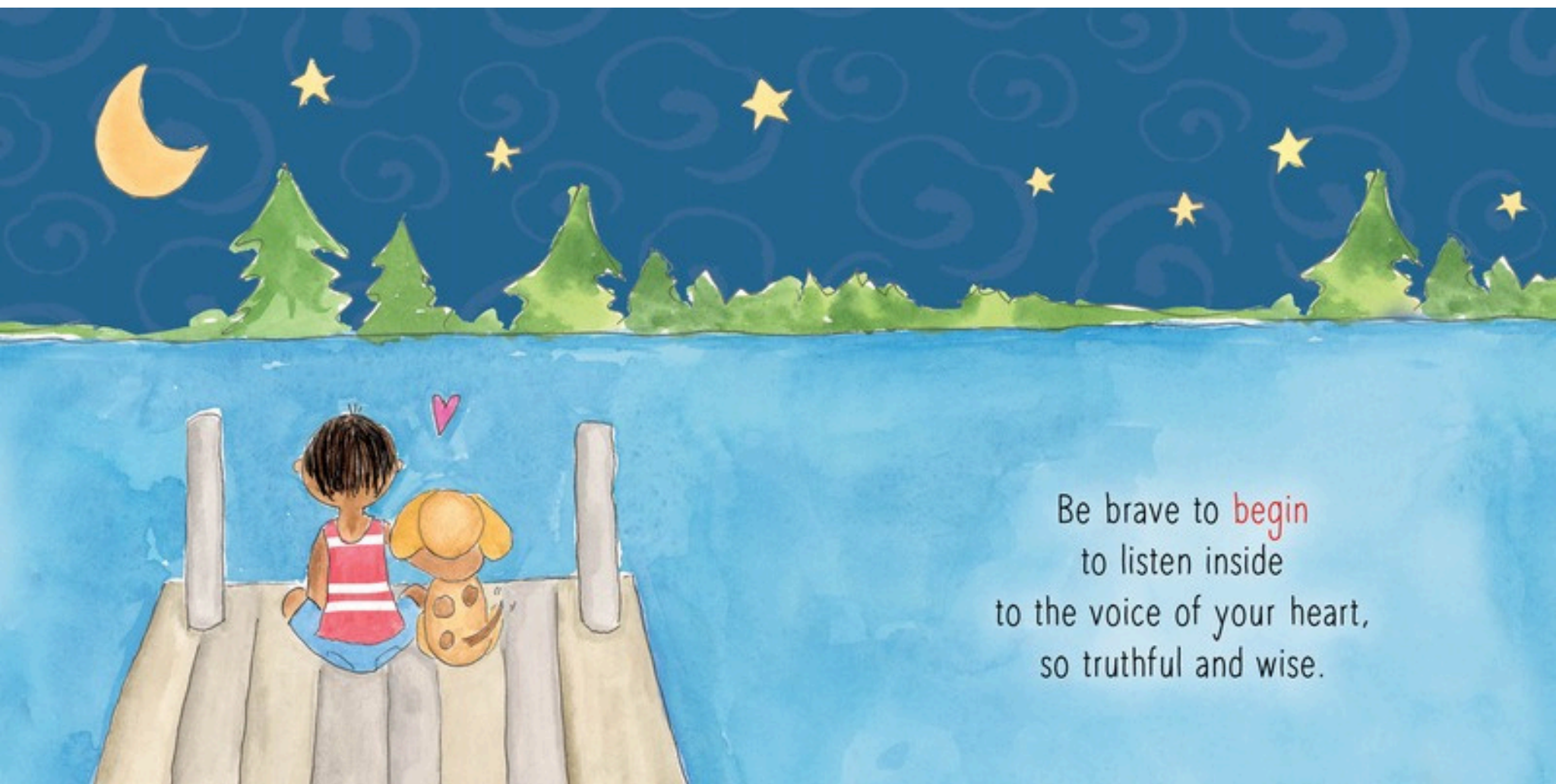


When I look at you,
shining bright as the sun,
I wish for you this...





be
brave
little
one!



Be brave to **begin**
to listen inside
to the voice of your heart,
so truthful and wise.



How far
will I go?

What things
can I be?



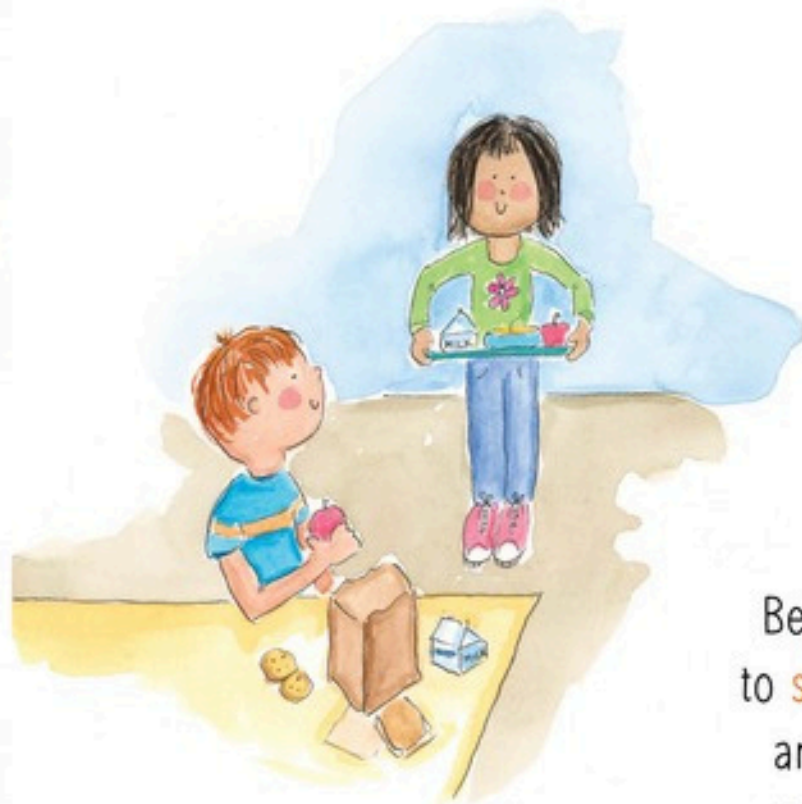
When I get to **choose**
what brave is to me.

Be brave to **step up**
and try something new.



Be brave to **step out**
when it isn't for you.

Be brave
to **stand up**
and tell what
you know.



Be brave
to **sit down**
and say
a "hello."



Be brave to **explore**
in the daring unknown.



Be brave to **return**
to the cozy of home.

Be brave
to be scared,



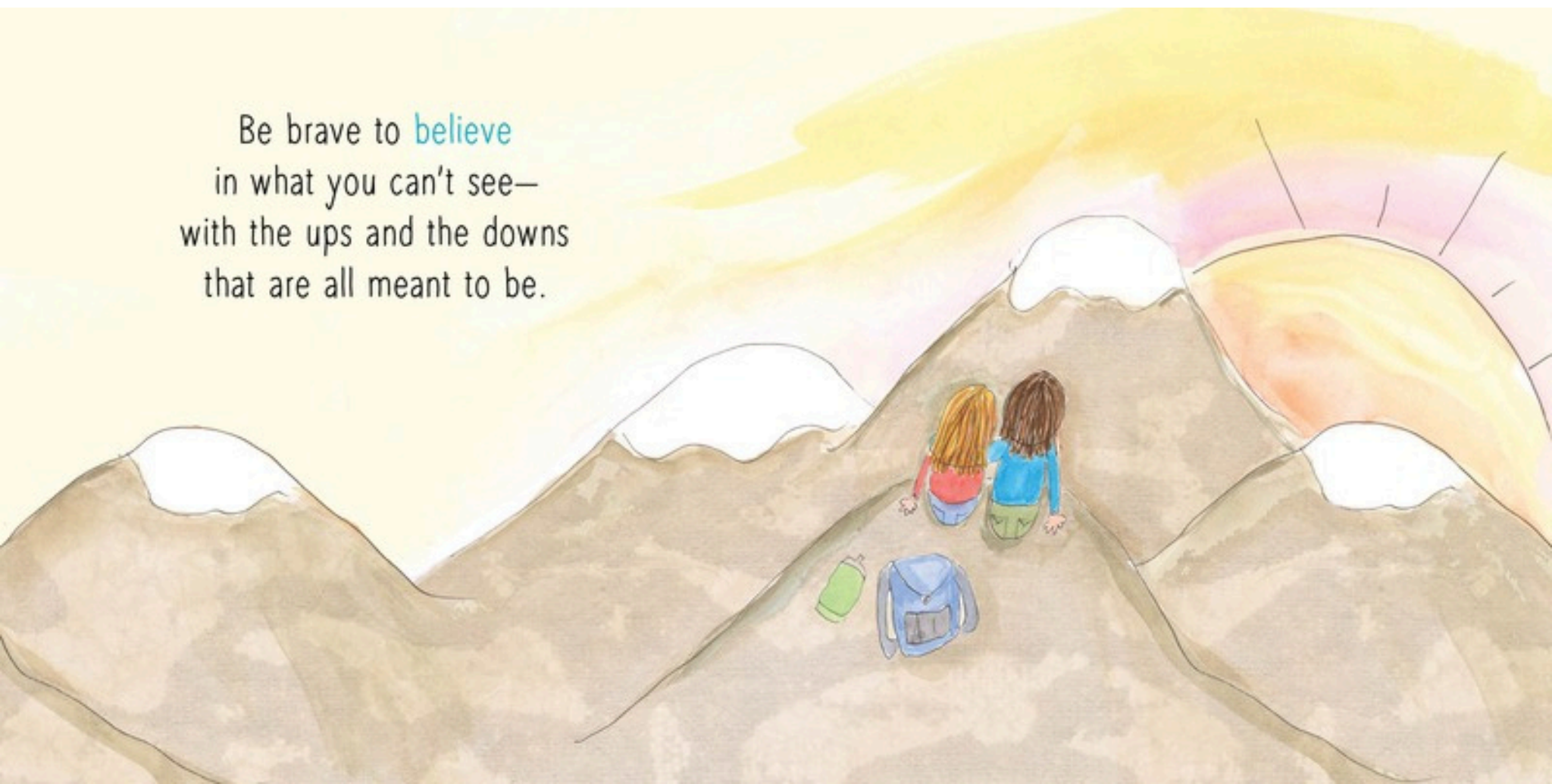
to stomp
and to cry.



Be brave to mess up
before you retry.



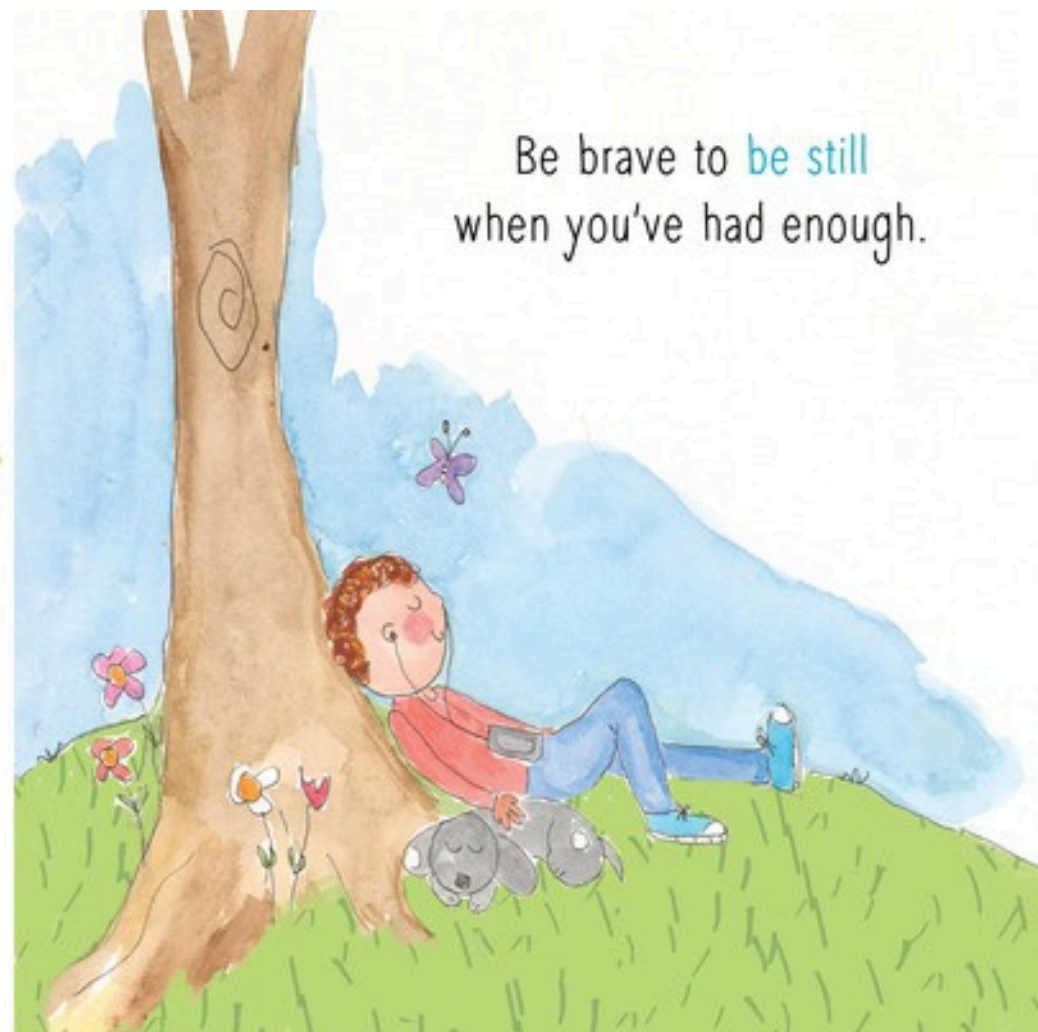
Be brave to **believe**
in what you can't see—
with the ups and the downs
that are all meant to be.



Be brave to **keep going**
when going is tough.



Be brave to **be still**
when you've had enough.





Be brave to be with your feelings, each one:



the happy and sad, the silly and glum.



Be brave
to be quiet.

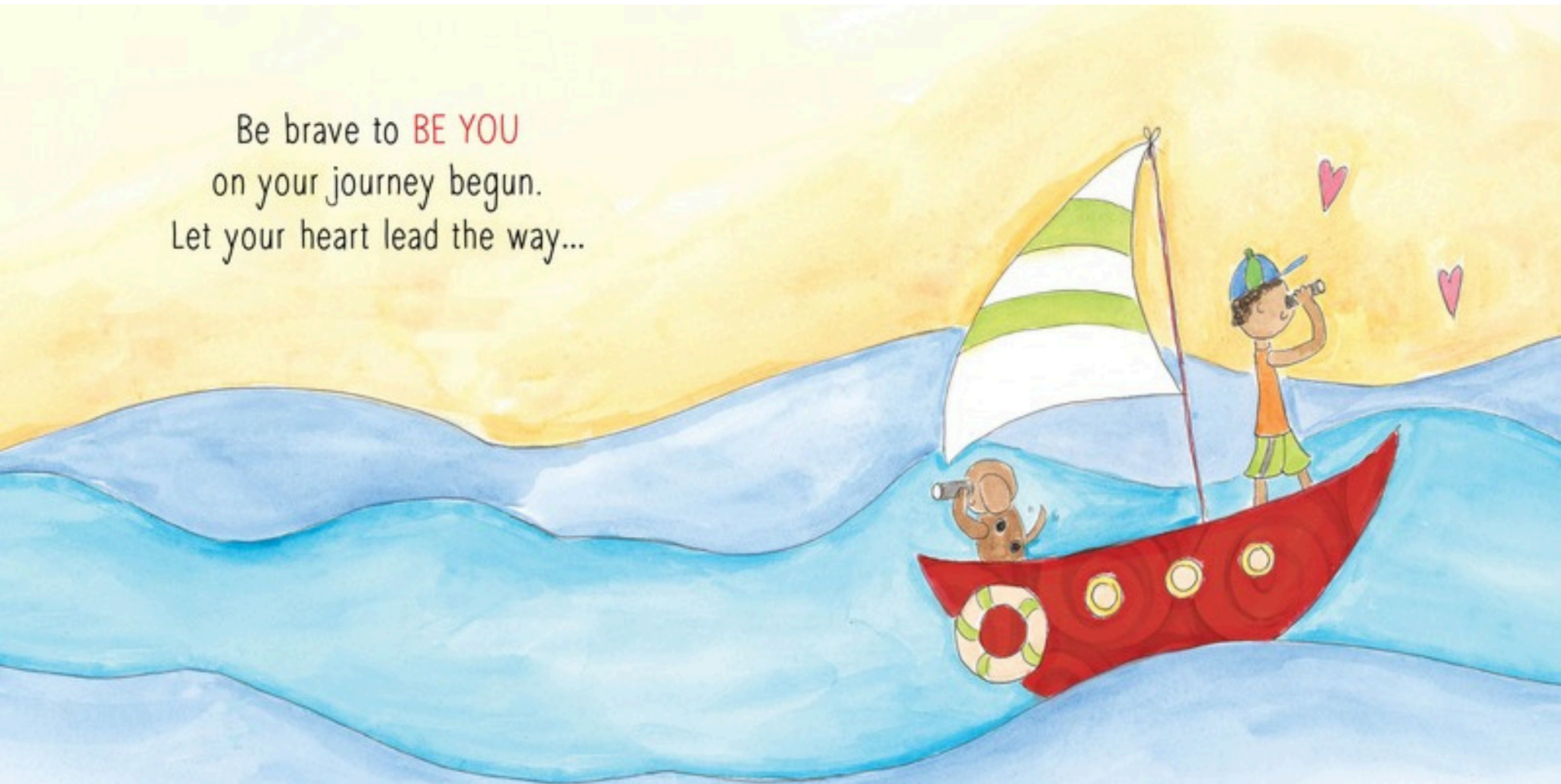


Be brave
to be loud.

Be brave to achieve and be fully proud.

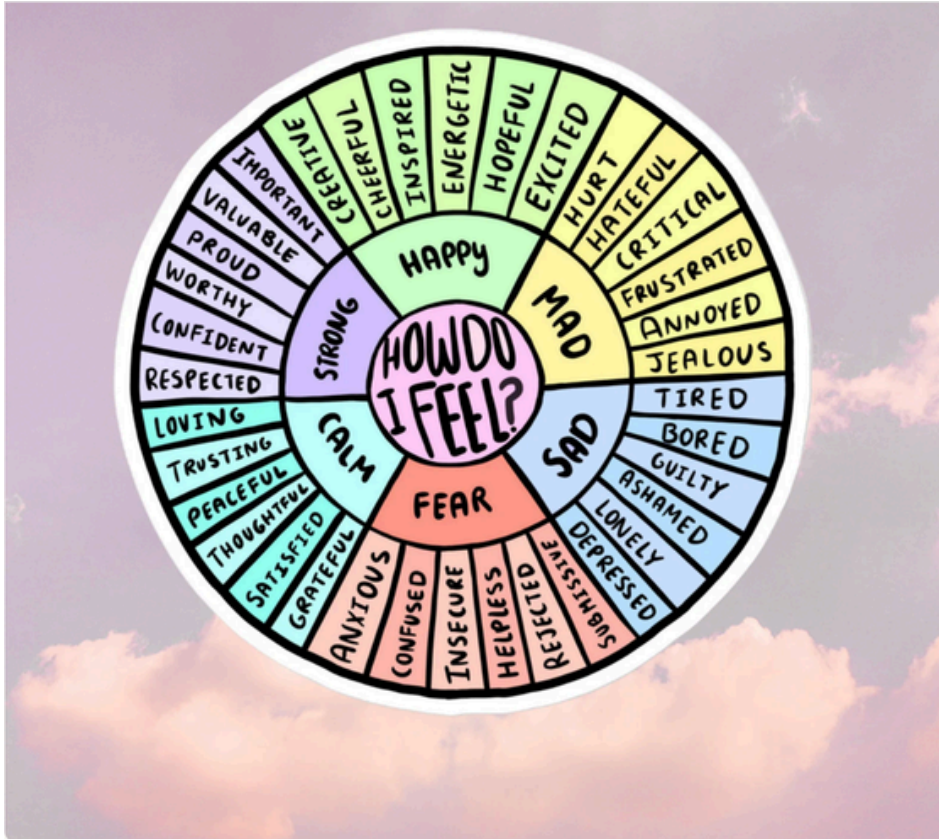


Be brave to **BE YOU**
on your journey begun.
Let your heart lead the way...





Prompt
Feelings



“When you ask me how I’m doing, what I really want to say is this...”

I feel
and
and
and

Prompt

Shoe Stories



“If you could walk in my shoes, this is what you would know about me...”

Prompt

Wishing Wand



If I could wave this
magic wishing wand,
this is what my wish
would be

Prompt

Photo Story

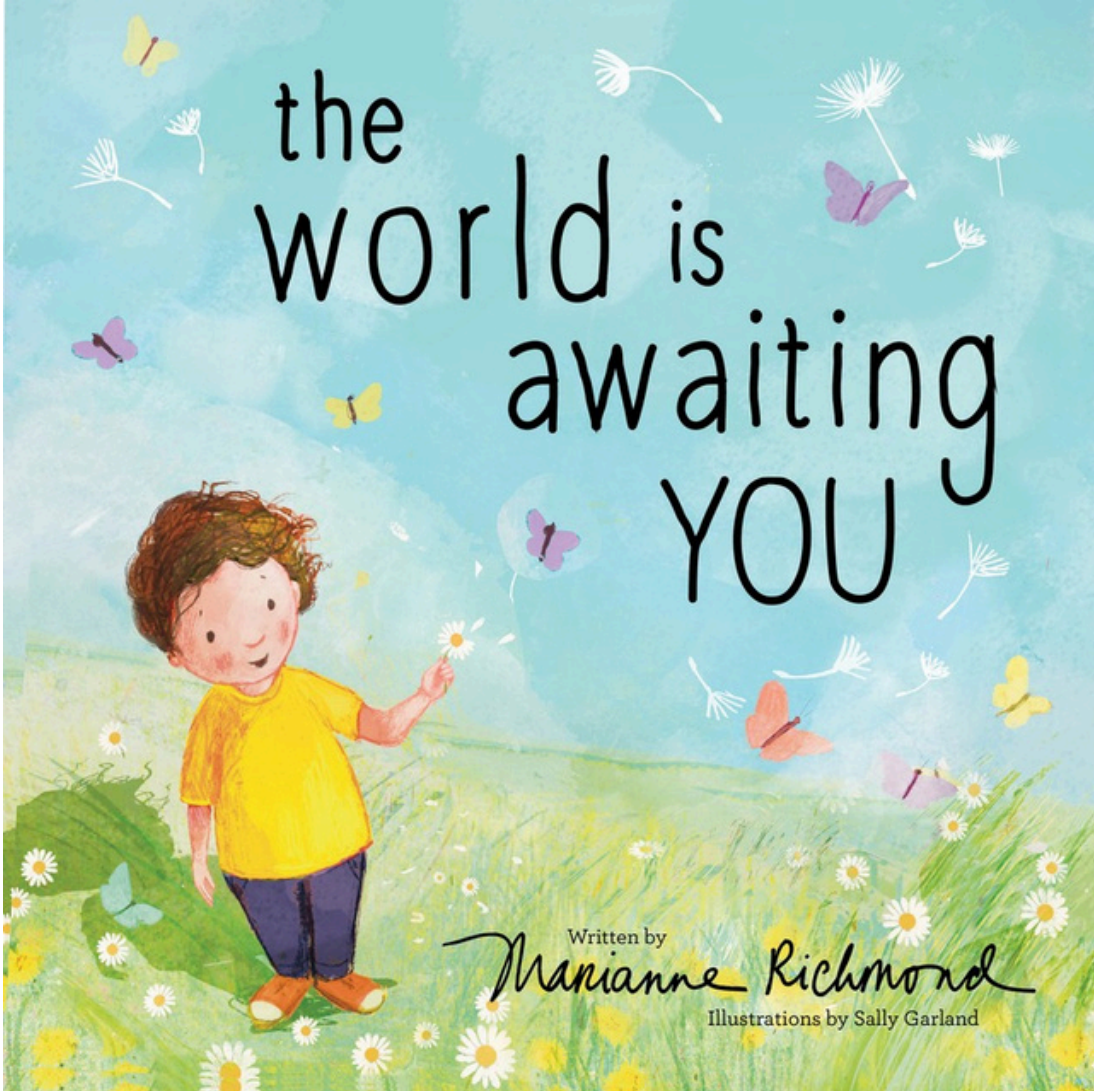


Choose a photo that
sparks an emotion
and/or story for you
from your epilepsy
journey

Prompt

Popsicle Stick or Song Lyrics

Bravery comes in all shapes
and sizes. Don't judge your
bravery by anyone else's.
You are brave (no matter
how big or small that thing
that you are facing is).
You are brave.

A whimsical illustration of a young child with curly brown hair, wearing a bright yellow t-shirt and dark blue pants, standing in a lush green field. The child is blowing a dandelion seed head, and several seeds are captured mid-air, floating upwards. The sky is a soft, pale blue, populated by several colorful butterflies in shades of yellow, purple, and orange. The field is filled with green grass and numerous white daisies with yellow centers. The overall mood is peaceful and hopeful.

the world is awaiting YOU

Written by

Marianne Richmond

Illustrations by Sally Garland



Happy day!
You're here at last.
The start of
something new.

Say a "hello!"
Get ready to go...

The world is awaiting your face,

your eyes

and nose

and chin.

Embrace your own hue,
your style and 'do.

Welcome the self
you're in.



The world is awaiting
your **mind**

to roam
and wish
and know.



Think your
own **thoughts**,
your whys
and why nots.



Choose an idea
to grow!

Discover a need.

Do a good deed.

What kindness can you lend?



The world is awaiting your **hands**,
to wave and make and mend.



Discover a need.

Do a good deed.

What kindness can you lend?



The world is awaiting your **hands**,
to wave and make and mend.



The world is awaiting
your **feet**

on a bike or trail
or street.

Go anywhere new.
Widen your view.

What wonder will you meet?





The world is awaiting your **voice**,
to speak and dance and sing.

Cast your own vote.
Play your own note.

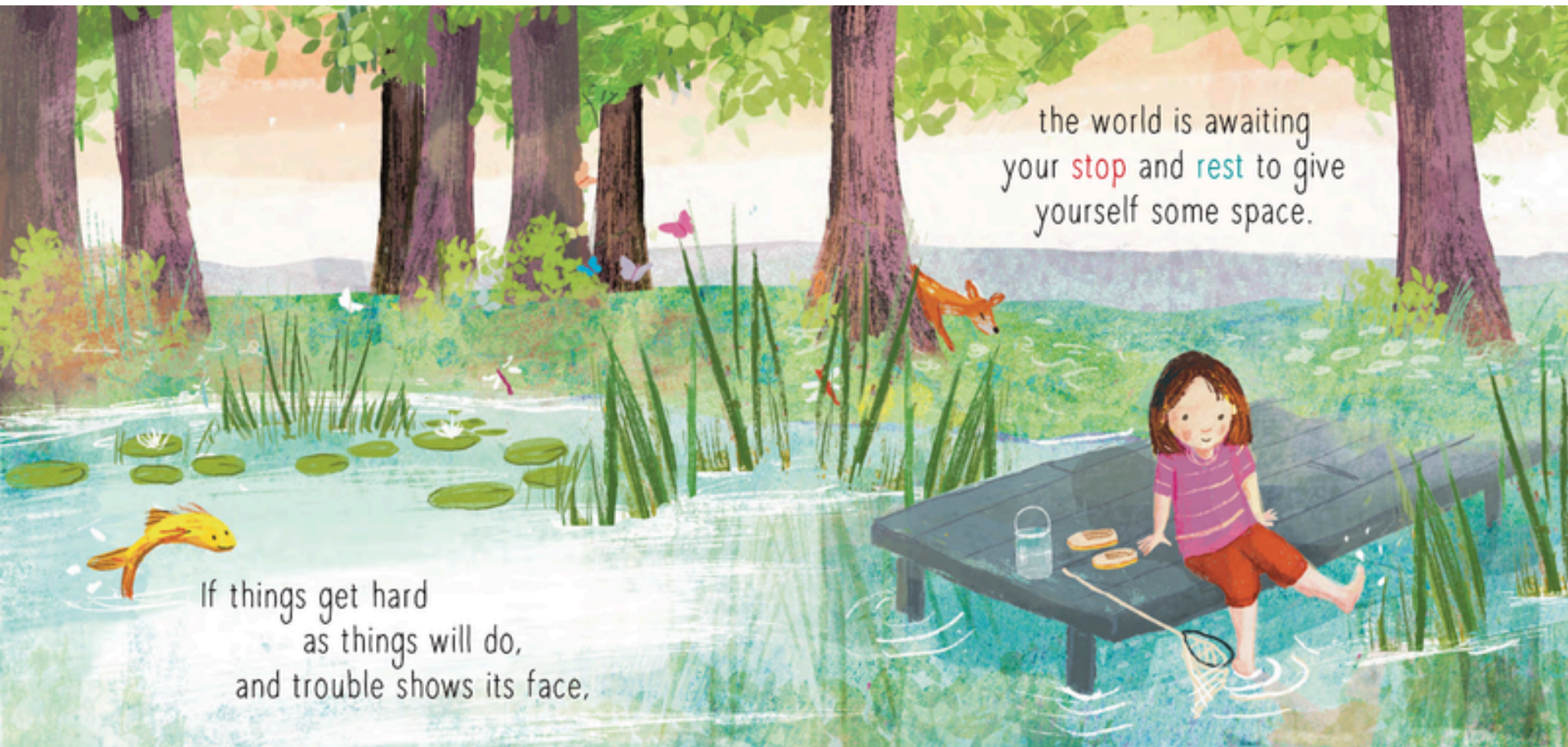


What message will you bring?

The world is awaiting the **story**
that's yours to plot and pen.

The world is awaiting your **courage**
to fuel your how and when.





If things get hard
as things will do,
and trouble shows its face,

the world is awaiting
your **stop** and **rest** to give
yourself some space.

The world is awaiting your **heart**
to feel and guide and tend.

Offer compassion.
Be thoughtful in action.

Who will you befriend?





The world is awaiting your **spirit**
to shine and hum and thrive.

Follow your fun on your journey begun.
What makes you come alive?

The world is awaiting your **love**,
to keep and hold and share.



Be who you are.



Help others go far.

Lead and listen
with **care**.

Now is your **bright** beginning
to think and feel and do.



Believe in your **spark**.



the
world is awaiting YOU.



Prompt

Difference Maker Me



“The World is Awaiting
My _____ to
_____”

Prompt

When I think of my story, it has given me...

Too much of

Not enough of

The right amount of...



It has taught me

and I have learned this big lesson

And because of my story, I want you to know this: