

# Do You Relate to This?



Transcription:

Bill 0:00

Good day there, Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com). So recently, I started to get curious about the fact that there are many people who experienced the worst day of their life.

And at some point after their stroke, and as their recovery starts to improve, or get better, they talk about how it was the worst thing that happened to them, but also the best thing that ever happened to them.

Bill 0:30

Now on one of those people, and I know not everybody is in that place. I understand that sometimes people will experience a stroke and they are going to feel the opposite of the best thing that ever happened to them. And it's going to be difficult. And it's going to be challenging and it's going to be life-altering to the point where it's become a struggle.

Bill 0:59

Now I don't know if that's possible for everyone to feel like stroke is the best thing that ever happened to them. I just know that that's something that I can say. Even though I live with the deficits of stroke all the time, my deficits are not as bad as some of the other people who experienced deficits because of stroke.

Bill 1:18

So anyhow, I'm getting curious about, A little project that I want to do. And I want to try and understand how it is that people switch from being stroke survivors who have had the worst experience in their life and nearly died or had to learn how to walk again and went through all the troubles and challenges that stroke created to somebody who thought that although it was the worst thing that ever happened to them, it was the best thing that ever happened to them.

Bill 1:48

So I want to meet people that want to speak to people who are happy to be interviewed by me, whether it be for the podcast or not for about 15 minutes It's or longer up to them to tell me what it was that changed stroke from being the worst thing that happened to one of the best things that ever happened. If you are somebody like that if you are curious about my little project and what I'm interested in finding out, please get in touch and let me know.

Bill 2:21

I am really interested to find out what it was that made that happen for you. And the reason for that is to create content that will help people understand how stroke can be the best thing that ever happened to them, even though they had to overcome some amazing and massive challenges.

Bill 2:42

And even though they are living with deficits, and even though their life is not like it used to be and it's completely different, so please DM me if that is something that you experience, send me a direct message I'll respond to it. And we'll set up a few emails to back and forth to each other. So we can make the right time to chat via Skype.

Bill 3:08

It doesn't matter where you are on the planet. I'll make myself available at a time that suits you. So please feel free to get in touch and maybe share your story or just let me know what happened to you that made you shift your thinking around what it meant to be stroke survivor and how you experience your stroke journey now.

Bill 3:35

That's it for me. Thanks so much for listening to the podcast, commenting, and

supporting the podcast in general. I really, really appreciate the feedback. I really appreciate all the people that have been involved so far we're growing a community of people here that's making a real difference that's helping other people and I hope that the episodes are helping you directly and giving you some insights and making you feel less isolated and making you feel like you're not the only one going through this on your own. So that's a Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com) send me a direct message. I'll look forward to receiving it.