

This is my story about seizures. I had my first seizure when I was 16. I want everyone to know how it feels, so they can know me better. I know my body very well and this is my explanation to everyone who hasn't had a seizure. I'd like to share my experience.

When I feel a pinched muscle type spasm in my right thigh I know a seizure is coming on. It travels up my body to my arm and eventually to my brain. My right arm shakes and I feel a pain in my right side. Then **BANG**- it's here! Sometimes I Feel like I don't know what's going to happen, and sometimes it feel like Déjà vu. My left arm moves out away from my body and my fingers tighten up. My head moves left to right- fast. Breathing is difficult during and after my seizure. Sometimes my asthma kicks in and using my inhaler helps.

I see red, yellow, green dots. I see auras of different colors around people who come to help me- They seem like blurry ghost. I can't focus and it's scary. I feel lost and confused in the darkness. Everything moves in slow motion.

I also hear a background buzz and loud but unclear noises throughout the seizure until I pass out. When I awaken, I talk to myself. I scream, yell, and swear but I'm unaware of what I'm saying. My arms swing at people, I yell "Don't Touch Me" even if people aren't touching me. I don't intend to be mean; it's not under my control. My body just takes over. It feels like I did something wrong.

During the seizure, it feels like an out of body experience. I'm physically there but not really. Like I'm high, or drunk, or in heaven and everything is blurrily flowing past. Like I'm in my body, but also outside watching. Like I've left my body and I'm swirling around outside of it. I think people are laughing at me, and it feels like people think I am

making this up. That's one reason I wanted to do this project. I want people who don't have seizures to know what it's like. Not all seizures are the same, but I'm trying to have a voice for those who can't explain.

After the seizure, my body loosens up. I get tired, really tired, and take a long deep sleep- almost like dying with no pain. It feels longer than it is. I don't come back until I hear a really loud noise. Then I have a massive headache with a shooting pain inside, especially where my bump is from my accident. I feel depressed. I get sweaty, hot, nauseous, and gaggy. My mouth is dry and I feel like I need to drink lots of water. At that point the seizure is finished.

I hope everyone understands this story about me.

By: Viviana Santiago