



Normal Desires

I believe the expectation for 'normalcy' is important.

Keep in mind the reality of brain damage.

This means differently 'abled' and
with the right supports and help

WE CAN DO!

Living with hidden brain damage is hard
and FASD is a reason for
behavior difficulties.

FASD should never be used as an excuse.

List two behavior difficulties you have:

1. _____
2. _____

**"I told them, you can't be disabled if you are
born like that - You 'ARE' like that!"**

Liz Kulp (FASD)

NOTE TO FRIEND:

Help to **create a Life Book**. This is a simple three-ring binder
with plastic sleeves, business card sheets, pockets and tabs labeled
- Life, Medical, Skills, School, Recreation, Money, Housing -
where a person with FASD can keep information.

**YOU are
VALUABLE and
YOUR LIFE
is IMPORTANT!!!**

**I was suicidal.
I ended up in the
hospital for mental
illness, I was broken.
It was after my divorce
and I felt totally alone.
I had little income.
I had no control of what
was happening in my
life.**

**Then I had a
relationship with a
woman and I felt guilty.
I took some pills.
BUT I called someone
to help me.
I wanted to be saved!**

**MY LIFE WAS WORTH
LIVING AND YOURS
IS TOO!**

**I have FASD ...
I have Brain Damage ...
and now
I am happy with my life!**

**Choose people who
will help you on this
BOOK JOURNEY -**

My Support Team

**If you have FASD ...
Ideas to get the most out of your life!**

- Have Faith** - you are not alone!
- Accept **doing your best** as a good start.
- Realize learning new things may be slow and difficult.
- It's OK to try the same thing many ways before you figure out what works for you.
- Review my **30 Days of Ideas**.
 - Pick some** to help you.
 - Try **one idea** at a time.
 - Keep your **life simple**.
 - Know when to **ask for help**.
- Collect materials for your **LIFE BOOK**.
- Surround yourself with **positive people**.
- Let people know **you have a brain injury** if you are having trouble.
- Keep trying.**

**If you are a LIFE COACH ...
Maximize potential:**

- Create successful situations.
- Avoid over-stimulating and frustrating situations.
- Use clear communication - check and recheck for understanding.
- Expect the unexpected, develop a calming strategy to keep a person with FASD focused and safe.

Self care:

- Make a list of all the things you would do in a day if you had no responsibilities.