

UNWILLABLE: A JOURNEY TO RECLAIM MY BRAIN by Jackie M. Stebbins EXCERPT

I was easily confused, and I did abnormal things. I said, “This looks weird,” or “Why can’t I do this?” about routine objects and tasks. Right after I got out of the ward, Sean asked me what I was doing, and I told him I was doing my laundry. When he went upstairs to check on me, I had put my clean underwear on the floor beneath my dresser and was putting my sweats and shorts in and around the sink in our bathroom.

Once, as I sat in my recliner and my legs were shaking badly, I told him I couldn’t feel them.

I thought my phone looked “weird,” and I kept commenting to him that something was wrong with it, because the screen was green. When he looked at it, everything was fine. I also texted Lacie and Betsy some odd things about seeing them when I hadn’t. Sean finally took my phone away from me. When I no longer had my cell phone, I picked up our landline phone, believing it was my cell phone. I tried to text from it, but could not do so, so I asked Sean to help me. He remembers almost losing it with me at that moment.