

My name is Katie and I was diagnosed with absence seizures when I was 8 years old. I am 21 years old now. When people find out I have seizures, a lot of them feel bad for me and may treat me a little differently, but I count my seizures as a blessing. My seizures have made me grow to



see life in a whole new way. I experienced bullying and I experience the feeling of not fitting in but due to that, I can now understand others who go or went through the same thing. My seizures made my direction in life. I want to become a recreation therapist for children with disabilities to show them they can live life in a strong healthy way without anyone bringing them down.

There were definitely times when I have cried because of my seizures, since I can't drive and struggle with school but as I went through life, find out who I am, I realized life is not a competition. It is about your own journey, making your memories and trying your best.

My seizures never stopped me from doing anything. I have snowboarded, skied, attempted to skateboard, rollerbladed as well as being interested in art and photography. Some of these things I did because I was in denial of my seizure for many years and I wanted to live the life of everyone else.

I never used my accommodations because I thought I could do schooling without any help, but then I hit academic probation and realized I need them to pull through school. It was a very hard adjustment for me. I went through a depression because I felt different but when I came through, I was back to whom I was before.

I am the same as everybody else. We are all different. There is no such thing as the word "Normal." If there was, life would be boring and there wouldn't be anything to learn. Having seizures is my blessing and it won't drag me down.

