

WEBVTT

NOTE duration: "00:34:46.084"

NOTE Confidence: 0.97897947

00:00:00.160 --> 00:00:01.680 Alright. Hi. My name is

NOTE Confidence: 0.97897947

00:00:01.680 --> 00:00:03.279 Joan Monnen, and our team

NOTE Confidence: 0.97897947

00:00:03.279 --> 00:00:05.040 at Yale recently had a

NOTE Confidence: 0.97897947

00:00:05.040 --> 00:00:06.660 chance to talk to Linda

NOTE Confidence: 0.9975586

00:00:07.120 --> 00:00:09.280 about her experience with mixed

NOTE Confidence: 0.9975586

00:00:09.280 --> 00:00:09.780 dementia

NOTE Confidence: 0.99560547

00:00:10.400 --> 00:00:11.219 and interacting

NOTE Confidence: 0.96533203

00:00:11.679 --> 00:00:12.980 with health care professionals.

NOTE Confidence: 0.9671224

00:00:14.365 --> 00:00:16.605 Linda is currently volunteering with

NOTE Confidence: 0.9671224

00:00:16.605 --> 00:00:17.105 the

NOTE Confidence: 0.9205078

00:00:17.405 --> 00:00:20.225 Connecticut chapter of Alzheimer's Association

NOTE Confidence: 0.9613328

00:00:20.845 --> 00:00:22.925 and the LiveWell Institute in

NOTE Confidence: 0.9613328

00:00:22.925 --> 00:00:24.065 Plantsville, Connecticut.

NOTE Confidence: 0.9996338

00:00:24.765 --> 00:00:26.204 And her goal is to

NOTE Confidence: 0.9996338

00:00:26.204 --> 00:00:27.345 share her experiences  
NOTE Confidence: 0.99869794

00:00:28.205 --> 00:00:29.105 with the community  
NOTE Confidence: 0.94641113

00:00:29.780 --> 00:00:31.080 and health care professionals  
NOTE Confidence: 0.9991319

00:00:31.620 --> 00:00:33.140 to improve the lives of  
NOTE Confidence: 0.9991319

00:00:33.140 --> 00:00:34.520 people living with dementia,  
NOTE Confidence: 0.9980876

00:00:35.300 --> 00:00:36.979 their loved ones, and their  
NOTE Confidence: 0.9980876

00:00:36.979 --> 00:00:37.479 caregivers.  
NOTE Confidence: 0.9972479

00:00:38.420 --> 00:00:39.860 And last time we spoke  
NOTE Confidence: 0.9972479

00:00:39.860 --> 00:00:41.540 with Linda, she shared her  
NOTE Confidence: 0.9972479

00:00:41.540 --> 00:00:42.040 experience  
NOTE Confidence: 0.9938965

00:00:42.420 --> 00:00:44.200 being diagnosed with dementia,  
NOTE Confidence: 0.99970704

00:00:44.775 --> 00:00:46.395 which was a negative experience.  
NOTE Confidence: 0.98756045

00:00:47.015 --> 00:00:48.695 Importantly, she gave us some  
NOTE Confidence: 0.98756045

00:00:48.695 --> 00:00:50.614 advice about how health care  
NOTE Confidence: 0.98756045

00:00:50.614 --> 00:00:52.235 professionals could do better.  
NOTE Confidence: 0.98342717

00:00:52.695 --> 00:00:54.295 We wanted to invite Linda

NOTE Confidence: 0.98342717

00:00:54.295 --> 00:00:56.375 back because we realized the

NOTE Confidence: 0.98342717

00:00:56.375 --> 00:00:58.475 importance of not only understanding

NOTE Confidence: 0.98342717

00:00:58.695 --> 00:00:59.434 the challenges

NOTE Confidence: 0.9986328

00:01:00.160 --> 00:01:01.780 that people living with dementia,

NOTE Confidence: 0.99346924

00:01:02.240 --> 00:01:03.680 their loved ones, and their

NOTE Confidence: 0.99346924

00:01:03.680 --> 00:01:05.060 caregivers are facing,

NOTE Confidence: 0.99986047

00:01:05.440 --> 00:01:06.720 but we also need to

NOTE Confidence: 0.99986047

00:01:06.720 --> 00:01:07.700 better understand

NOTE Confidence: 0.99698895

00:01:08.319 --> 00:01:10.400 the paths that lead to

NOTE Confidence: 0.99698895

00:01:10.400 --> 00:01:10.900 resilience

NOTE Confidence: 0.97875977

00:01:11.360 --> 00:01:12.340 after diagnosis.

NOTE Confidence: 0.9978725

00:01:13.365 --> 00:01:14.565 It's great to have you

NOTE Confidence: 0.9978725

00:01:14.565 --> 00:01:15.465 back, Linda.

NOTE Confidence: 0.999721

00:01:16.805 --> 00:01:18.245 Thank you. Nice to see

NOTE Confidence: 0.999721

00:01:18.245 --> 00:01:18.905 you again.

NOTE Confidence: 0.9995117

00:01:19.285 --> 00:01:19.785 Yeah.  
NOTE Confidence: 0.9939453

00:01:20.245 --> 00:01:21.525 So I am gonna start  
NOTE Confidence: 0.9939453

00:01:21.525 --> 00:01:23.225 by asking you some questions  
NOTE Confidence: 0.9941406

00:01:23.605 --> 00:01:24.105 again.  
NOTE Confidence: 0.99538577

00:01:24.965 --> 00:01:26.665 So the first one is  
NOTE Confidence: 0.99538577

00:01:26.939 --> 00:01:28.959 after you received your diagnosis,  
NOTE Confidence: 0.99956596

00:01:29.819 --> 00:01:31.100 can you share how you  
NOTE Confidence: 0.99956596

00:01:31.100 --> 00:01:32.159 got to a place  
NOTE Confidence: 0.99784344

00:01:32.459 --> 00:01:33.899 where you're living well with  
NOTE Confidence: 0.99784344

00:01:33.899 --> 00:01:34.399 dementia?  
NOTE Confidence: 0.87890625

00:01:37.420 --> 00:01:38.479 Sure, I can.  
NOTE Confidence: 0.97952706

00:01:39.795 --> 00:01:41.395 It's not just one thing  
NOTE Confidence: 0.97952706

00:01:41.395 --> 00:01:42.135 in particular.  
NOTE Confidence: 0.9289551

00:01:43.235 --> 00:01:44.455 It it includes,  
NOTE Confidence: 0.9899631

00:01:44.915 --> 00:01:46.275 for me, and I think  
NOTE Confidence: 0.9899631

00:01:46.275 --> 00:01:47.334 it would for others,

NOTE Confidence: 0.9996745  
00:01:47.715 --> 00:01:49.415 several different components.  
NOTE Confidence: 0.9501953  
00:01:50.995 --> 00:01:51.315 So,  
NOTE Confidence: 0.94958496  
00:01:53.100 --> 00:01:54.220 I might have said last  
NOTE Confidence: 0.94958496  
00:01:54.220 --> 00:01:55.820 time that after I received  
NOTE Confidence: 0.94958496  
00:01:55.820 --> 00:01:56.560 my diagnosis,  
NOTE Confidence: 0.9059082  
00:01:58.380 --> 00:02:00.720 not going in as a,  
NOTE Confidence: 0.9987444  
00:02:01.420 --> 00:02:03.280 with a brain that focuses  
NOTE Confidence: 0.9987444  
00:02:03.500 --> 00:02:04.320 and processes  
NOTE Confidence: 0.9770508  
00:02:04.700 --> 00:02:05.200 properly,  
NOTE Confidence: 0.99886066  
00:02:06.244 --> 00:02:07.765 I really left in a  
NOTE Confidence: 0.99886066  
00:02:07.765 --> 00:02:08.264 stupor  
NOTE Confidence: 0.9171875  
00:02:08.885 --> 00:02:10.505 not knowing what to do.  
NOTE Confidence: 0.97324216  
00:02:11.044 --> 00:02:12.505 And when I came out,  
NOTE Confidence: 0.98276365  
00:02:13.525 --> 00:02:14.565 you know, there came a  
NOTE Confidence: 0.98276365  
00:02:14.565 --> 00:02:16.665 point when I realized that  
NOTE Confidence: 0.9876302

00:02:17.525 --> 00:02:19.305 instead of being so negative

NOTE Confidence: 0.9876302

00:02:19.525 --> 00:02:20.025 about

NOTE Confidence: 0.99594724

00:02:20.580 --> 00:02:21.860 what would happen at some

NOTE Confidence: 0.99594724

00:02:21.860 --> 00:02:23.319 point out in the future,

NOTE Confidence: 0.9560372

00:02:24.340 --> 00:02:26.019 that I had to learn

NOTE Confidence: 0.9560372

00:02:26.019 --> 00:02:28.099 how to focus on pushing

NOTE Confidence: 0.9560372

00:02:28.099 --> 00:02:29.720 the negative thoughts out

NOTE Confidence: 0.7416992

00:02:30.340 --> 00:02:30.840 and

NOTE Confidence: 0.99958146

00:02:31.459 --> 00:02:33.060 living my life as well

NOTE Confidence: 0.99958146

00:02:33.060 --> 00:02:33.879 as possible

NOTE Confidence: 0.99853516

00:02:34.415 --> 00:02:35.375 for as long as I

NOTE Confidence: 0.99853516

00:02:35.375 --> 00:02:35.875 can.

NOTE Confidence: 0.9527232

00:02:36.575 --> 00:02:38.335 So, as I said, that

NOTE Confidence: 0.9527232

00:02:38.335 --> 00:02:40.575 involved several different things. And

NOTE Confidence: 0.9527232

00:02:40.575 --> 00:02:41.875 this is a no special

NOTE Confidence: 0.9527232

00:02:42.014 --> 00:02:43.695 order of importance as I'm

NOTE Confidence: 0.9527232

00:02:43.695 --> 00:02:44.915 giving them to you.

NOTE Confidence: 0.9963379

00:02:46.735 --> 00:02:48.275 The first thing was,

NOTE Confidence: 1

00:02:49.940 --> 00:02:51.000 which was very

NOTE Confidence: 0.9731038

00:02:51.620 --> 00:02:53.220 challenging for me, was to

NOTE Confidence: 0.9731038

00:02:53.220 --> 00:02:53.720 explain

NOTE Confidence: 1

00:02:54.500 --> 00:02:55.639 to everybody

NOTE Confidence: 1

00:02:56.100 --> 00:02:56.760 in my

NOTE Confidence: 1

00:02:57.700 --> 00:02:58.200 closest

NOTE Confidence: 0.98217773

00:02:58.500 --> 00:02:59.000 circle,

NOTE Confidence: 1

00:03:00.660 --> 00:03:01.639 what my diagnosis

NOTE Confidence: 0.96875

00:03:01.940 --> 00:03:02.440 was.

NOTE Confidence: 0.95288086

00:03:03.139 --> 00:03:03.639 And,

NOTE Confidence: 0.96972656

00:03:05.595 --> 00:03:07.514 needless to say, because of

NOTE Confidence: 0.96972656

00:03:07.514 --> 00:03:08.014 my,

NOTE Confidence: 0.9962891

00:03:08.635 --> 00:03:10.314 age and what I had

NOTE Confidence: 0.9962891

00:03:10.314 --> 00:03:11.855 been doing in my life  
NOTE Confidence: 0.98706055

00:03:12.635 --> 00:03:13.135 previously,  
NOTE Confidence: 0.94228727

00:03:17.330 --> 00:03:19.010 everybody that really cared about  
NOTE Confidence: 0.94228727

00:03:19.010 --> 00:03:20.210 me was sort of shaking  
NOTE Confidence: 0.94228727

00:03:20.210 --> 00:03:21.650 their heads saying, you know,  
NOTE Confidence: 0.94228727

00:03:21.650 --> 00:03:22.850 How could this be? How  
NOTE Confidence: 0.94228727

00:03:22.850 --> 00:03:23.830 could this be?  
NOTE Confidence: 0.95751953

00:03:26.690 --> 00:03:27.190 And,  
NOTE Confidence: 0.9628296

00:03:27.650 --> 00:03:29.169 you know, it took, it  
NOTE Confidence: 0.9628296

00:03:29.169 --> 00:03:30.130 took quite a bit of  
NOTE Confidence: 0.9628296

00:03:30.130 --> 00:03:31.910 time to process because  
NOTE Confidence: 0.92277014

00:03:34.505 --> 00:03:35.325 their unyielding  
NOTE Confidence: 1

00:03:35.705 --> 00:03:36.205 support  
NOTE Confidence: 0.98825073

00:03:37.385 --> 00:03:39.325 has, has been part of  
NOTE Confidence: 0.98825073

00:03:39.465 --> 00:03:40.685 what gives me  
NOTE Confidence: 0.9980469

00:03:41.385 --> 00:03:41.885 the

NOTE Confidence: 1

00:03:42.584 --> 00:03:44.205 inner strength to move

NOTE Confidence: 0.995166

00:03:45.090 --> 00:03:46.870 forward in a positive direction.

NOTE Confidence: 0.9777832

00:03:48.049 --> 00:03:49.349 And it includes,

NOTE Confidence: 0.9998047

00:03:49.970 --> 00:03:51.989 you know, many different people

NOTE Confidence: 0.8076172

00:03:52.690 --> 00:03:53.190 from

NOTE Confidence: 1

00:03:53.650 --> 00:03:54.150 family

NOTE Confidence: 0.91493446

00:03:55.250 --> 00:03:56.450 whom I could not do

NOTE Confidence: 0.91493446

00:03:56.450 --> 00:03:57.269 this without,

NOTE Confidence: 0.99560547

00:03:57.730 --> 00:03:58.709 to friends,

NOTE Confidence: 0.9501953

00:03:59.825 --> 00:04:00.325 to,

NOTE Confidence: 0.9388428

00:04:01.665 --> 00:04:02.165 caretakers,

NOTE Confidence: 0.98988175

00:04:03.105 --> 00:04:05.825 all performing different roles, but

NOTE Confidence: 0.98988175

00:04:05.825 --> 00:04:07.525 each role being invaluable.

NOTE Confidence: 0.9924665

00:04:08.625 --> 00:04:10.145 So that's sort of my

NOTE Confidence: 0.9924665

00:04:10.545 --> 00:04:11.280 they're my

NOTE Confidence: 0.99310976

00:04:11.840 --> 00:04:12.980 they're my cheerleaders.  
NOTE Confidence: 0.9916992

00:04:14.480 --> 00:04:14.959 And,  
NOTE Confidence: 1

00:04:15.520 --> 00:04:16.660 what that did  
NOTE Confidence: 0.984375

00:04:17.200 --> 00:04:17.700 was  
NOTE Confidence: 0.9639103

00:04:18.400 --> 00:04:19.760 at least give me the  
NOTE Confidence: 0.9639103

00:04:19.760 --> 00:04:21.760 strength to think I don't  
NOTE Confidence: 0.9639103

00:04:21.760 --> 00:04:23.620 need to be thinking about  
NOTE Confidence: 0.9639103

00:04:23.680 --> 00:04:24.820 impending doom,  
NOTE Confidence: 0.9968872

00:04:25.634 --> 00:04:27.714 but let me learn the  
NOTE Confidence: 0.9968872

00:04:27.714 --> 00:04:28.935 process of how  
NOTE Confidence: 1

00:04:29.714 --> 00:04:31.414 to think positive thoughts  
NOTE Confidence: 0.99912107

00:04:32.035 --> 00:04:33.735 with such a negative diagnosis.  
NOTE Confidence: 0.9790039

00:04:35.235 --> 00:04:35.735 So,  
NOTE Confidence: 0.96743166

00:04:37.315 --> 00:04:39.414 what I did was I,  
NOTE Confidence: 0.9813843

00:04:41.690 --> 00:04:42.990 I I might have mentioned  
NOTE Confidence: 0.9813843

00:04:43.130 --> 00:04:44.570 that I I've been seeing

NOTE Confidence: 0.9813843  
00:04:44.570 --> 00:04:45.470 a psychiatrist.  
NOTE Confidence: 0.98579913  
00:04:47.529 --> 00:04:48.490 I don't know that that  
NOTE Confidence: 0.98579913  
00:04:48.490 --> 00:04:49.690 was right away from the  
NOTE Confidence: 0.98579913  
00:04:49.690 --> 00:04:50.750 beginning because  
NOTE Confidence: 0.9991319  
00:04:51.449 --> 00:04:52.490 that was not I was  
NOTE Confidence: 0.9991319  
00:04:52.490 --> 00:04:53.790 not given that advice  
NOTE Confidence: 0.9189453  
00:04:54.785 --> 00:04:55.445 by anybody.  
NOTE Confidence: 0.95544434  
00:04:55.824 --> 00:04:57.125 But at some point,  
NOTE Confidence: 0.97021484  
00:04:58.145 --> 00:04:59.345 I I knew I needed  
NOTE Confidence: 0.97021484  
00:04:59.345 --> 00:05:00.865 to speak to somebody who  
NOTE Confidence: 0.97021484  
00:05:00.865 --> 00:05:01.365 understood  
NOTE Confidence: 0.9192505  
00:05:01.665 --> 00:05:02.785 what I was going through  
NOTE Confidence: 0.9192505  
00:05:02.785 --> 00:05:03.845 and helped me  
NOTE Confidence: 0.99902344  
00:05:04.464 --> 00:05:04.964 with  
NOTE Confidence: 0.9995117  
00:05:05.425 --> 00:05:06.964 what's part of my mission  
NOTE Confidence: 0.74658203

00:05:07.505 --> 00:05:08.005 personally  
NOTE Confidence: 0.5319824

00:05:08.865 --> 00:05:09.365 to,  
NOTE Confidence: 1

00:05:09.930 --> 00:05:10.830 to live  
NOTE Confidence: 0.9907837

00:05:11.210 --> 00:05:12.490 as well a quality of  
NOTE Confidence: 0.9907837

00:05:12.490 --> 00:05:13.550 life as possible  
NOTE Confidence: 0.92633927

00:05:13.930 --> 00:05:14.970 and how to not let  
NOTE Confidence: 0.92633927

00:05:14.970 --> 00:05:15.789 the downers  
NOTE Confidence: 0.9975586

00:05:16.490 --> 00:05:17.550 drag me down.  
NOTE Confidence: 0.9980469

00:05:18.410 --> 00:05:18.910 And  
NOTE Confidence: 0.97753906

00:05:19.449 --> 00:05:19.949 so,  
NOTE Confidence: 0.9980469

00:05:21.449 --> 00:05:21.949 I  
NOTE Confidence: 0.83186847

00:05:22.330 --> 00:05:23.229 see a psychiatrist  
NOTE Confidence: 1

00:05:24.635 --> 00:05:25.135 who  
NOTE Confidence: 0.96102905

00:05:25.675 --> 00:05:27.835 doesn't just prescribe medication, but  
NOTE Confidence: 0.96102905

00:05:27.835 --> 00:05:29.055 also does therapy,  
NOTE Confidence: 1

00:05:30.154 --> 00:05:31.214 which is unusual

NOTE Confidence: 0.99820966  
00:05:31.675 --> 00:05:32.975 in today's world.  
NOTE Confidence: 0.9704368  
00:05:33.755 --> 00:05:35.275 But the added bonus to  
NOTE Confidence: 0.9704368  
00:05:35.275 --> 00:05:36.555 that is that as a  
NOTE Confidence: 0.9704368  
00:05:36.555 --> 00:05:37.055 psychiatrist,  
NOTE Confidence: 0.988678  
00:05:38.450 --> 00:05:39.810 he's a doctor who has  
NOTE Confidence: 0.988678  
00:05:39.810 --> 00:05:40.870 studied the brain.  
NOTE Confidence: 0.99748886  
00:05:41.730 --> 00:05:43.490 So he he's very well  
NOTE Confidence: 0.99748886  
00:05:43.490 --> 00:05:44.390 aware of,  
NOTE Confidence: 0.99239093  
00:05:45.650 --> 00:05:47.090 what's going on with my  
NOTE Confidence: 0.99239093  
00:05:47.090 --> 00:05:47.590 brain.  
NOTE Confidence: 0.99175346  
00:05:48.290 --> 00:05:49.970 And so in speaking to  
NOTE Confidence: 0.99175346  
00:05:49.970 --> 00:05:52.070 me, he includes that  
NOTE Confidence: 0.87109375  
00:05:52.450 --> 00:05:52.950 element.  
NOTE Confidence: 0.9975586  
00:05:53.935 --> 00:05:55.295 And it's just been  
NOTE Confidence: 0.75704956  
00:05:56.575 --> 00:05:58.195 actually, it's been wonderful.  
NOTE Confidence: 0.9758301

00:05:58.654 --> 00:06:00.095 It's like a blessing that  
NOTE Confidence: 0.9758301

00:06:00.095 --> 00:06:01.075 I've been able  
NOTE Confidence: 0.98950195

00:06:01.855 --> 00:06:02.335 to,  
NOTE Confidence: 0.9975586

00:06:04.175 --> 00:06:06.035 to gather support from  
NOTE Confidence: 0.9494466

00:06:07.690 --> 00:06:09.870 him and everybody else. But  
NOTE Confidence: 0.9494466

00:06:10.169 --> 00:06:12.029 in particular with the therapy,  
NOTE Confidence: 0.9494466

00:06:12.330 --> 00:06:14.190 it's like a learned strategy.  
NOTE Confidence: 0.9782715

00:06:15.529 --> 00:06:16.029 So,  
NOTE Confidence: 0.94033206

00:06:19.365 --> 00:06:20.985 you get some bad news.  
NOTE Confidence: 0.9970703

00:06:21.685 --> 00:06:22.185 And  
NOTE Confidence: 0.9606689

00:06:22.725 --> 00:06:24.085 that's what we tend to  
NOTE Confidence: 0.9606689

00:06:24.085 --> 00:06:25.625 think about, the bad news.  
NOTE Confidence: 0.99102783

00:06:26.805 --> 00:06:28.265 And it's a conscious  
NOTE Confidence: 0.9597168

00:06:28.645 --> 00:06:29.145 effort.  
NOTE Confidence: 0.803833

00:06:29.605 --> 00:06:30.425 So whenever,  
NOTE Confidence: 0.98372394

00:06:30.805 --> 00:06:31.785 and it happens,

NOTE Confidence: 0.98417157  
00:06:32.660 --> 00:06:34.260 if not daily, close to  
NOTE Confidence: 0.98417157  
00:06:34.260 --> 00:06:34.760 daily,  
NOTE Confidence: 0.9759052  
00:06:35.460 --> 00:06:37.699 you know, something happens. It  
NOTE Confidence: 0.9759052  
00:06:37.699 --> 00:06:39.139 could be an inner thought.  
NOTE Confidence: 0.9759052  
00:06:39.139 --> 00:06:39.960 It could be  
NOTE Confidence: 0.99853516  
00:06:40.339 --> 00:06:41.860 something on TV. It could  
NOTE Confidence: 0.99853516  
00:06:41.860 --> 00:06:43.720 be something somebody says  
NOTE Confidence: 0.99598527  
00:06:44.180 --> 00:06:46.100 that sets me off on  
NOTE Confidence: 0.99598527  
00:06:46.100 --> 00:06:47.800 the negative thought process.  
NOTE Confidence: 0.95269775  
00:06:48.555 --> 00:06:49.595 And at this point, my  
NOTE Confidence: 0.95269775  
00:06:49.595 --> 00:06:50.735 mind is trained.  
NOTE Confidence: 0.99677736  
00:06:51.115 --> 00:06:52.575 So it's trained to think  
NOTE Confidence: 0.8981323  
00:06:53.115 --> 00:06:55.055 something like negative thought,  
NOTE Confidence: 0.97094727  
00:06:55.515 --> 00:06:56.795 you know, get rid of  
NOTE Confidence: 0.97094727  
00:06:56.795 --> 00:06:58.635 it. So what works for  
NOTE Confidence: 0.97094727

00:06:58.635 --> 00:06:59.615 me in that,  
NOTE Confidence: 0.9773393

00:07:00.395 --> 00:07:01.915 and I don't mean to  
NOTE Confidence: 0.9773393

00:07:01.915 --> 00:07:03.430 make this sound trite or  
NOTE Confidence: 0.9773393

00:07:03.430 --> 00:07:05.029 easy. It took a period  
NOTE Confidence: 0.9773393

00:07:05.029 --> 00:07:06.070 of time for me to  
NOTE Confidence: 0.9773393

00:07:06.070 --> 00:07:06.730 get here.  
NOTE Confidence: 0.9916992

00:07:07.430 --> 00:07:08.330 Is that  
NOTE Confidence: 0.96154785

00:07:08.790 --> 00:07:10.550 I need to not think  
NOTE Confidence: 0.96154785

00:07:10.550 --> 00:07:11.770 about the negative  
NOTE Confidence: 0.9657227

00:07:12.390 --> 00:07:14.650 and focus on one thing  
NOTE Confidence: 1

00:07:15.365 --> 00:07:16.264 that is  
NOTE Confidence: 0.9142456

00:07:16.645 --> 00:07:17.705 sort of a neutral.  
NOTE Confidence: 0.94262695

00:07:18.005 --> 00:07:19.384 Because at that point,  
NOTE Confidence: 0.99365234

00:07:20.725 --> 00:07:21.865 just being emotional  
NOTE Confidence: 0.9921875

00:07:22.725 --> 00:07:23.225 is  
NOTE Confidence: 0.9828559

00:07:24.645 --> 00:07:26.565 bothersome and confusing to my

NOTE Confidence: 0.9828559  
00:07:26.565 --> 00:07:28.110 brain. So whether it's  
NOTE Confidence: 0.9868164  
00:07:28.509 --> 00:07:29.409 like elation  
NOTE Confidence: 0.95098877  
00:07:29.949 --> 00:07:31.169 or the low lows,  
NOTE Confidence: 0.99605066  
00:07:32.110 --> 00:07:33.629 it doesn't help my brain  
NOTE Confidence: 0.99605066  
00:07:33.629 --> 00:07:34.669 with the functioning. So I  
NOTE Confidence: 0.99605066  
00:07:34.669 --> 00:07:35.710 need to find something sort  
NOTE Confidence: 0.99605066  
00:07:35.710 --> 00:07:36.449 of neutral,  
NOTE Confidence: 0.9975586  
00:07:38.669 --> 00:07:39.569 and light  
NOTE Confidence: 0.98353577  
00:07:40.365 --> 00:07:41.905 to distract me from negative  
NOTE Confidence: 0.98353577  
00:07:41.965 --> 00:07:43.325 thoughts. And in order for  
NOTE Confidence: 0.98353577  
00:07:43.325 --> 00:07:44.925 me to focus strongly on  
NOTE Confidence: 0.98353577  
00:07:44.925 --> 00:07:45.425 something,  
NOTE Confidence: 0.96881104  
00:07:45.965 --> 00:07:47.505 it has to be something  
NOTE Confidence: 0.96881104  
00:07:47.645 --> 00:07:48.945 rather light anyway.  
NOTE Confidence: 0.9033203  
00:07:49.405 --> 00:07:49.905 Otherwise,  
NOTE Confidence: 0.99572754

00:07:50.365 --> 00:07:51.585 I'll lose my focus.  
NOTE Confidence: 0.94433594

00:07:52.620 --> 00:07:54.460 So I found the things  
NOTE Confidence: 0.94433594

00:07:54.460 --> 00:07:55.920 for me that have helped.  
NOTE Confidence: 0.99072266

00:07:57.740 --> 00:07:58.640 It can be,  
NOTE Confidence: 0.9761091

00:08:00.860 --> 00:08:02.220 it can be something simple  
NOTE Confidence: 0.9761091

00:08:02.220 --> 00:08:02.960 on TV,  
NOTE Confidence: 0.9877116

00:08:04.140 --> 00:08:05.200 not the news,  
NOTE Confidence: 0.95491534

00:08:06.415 --> 00:08:07.715 not gory movies,  
NOTE Confidence: 1

00:08:08.335 --> 00:08:08.835 not  
NOTE Confidence: 0.6147461

00:08:09.215 --> 00:08:09.715 hysterical  
NOTE Confidence: 0.98811847

00:08:10.015 --> 00:08:10.515 comedies,  
NOTE Confidence: 0.9954834

00:08:11.455 --> 00:08:13.155 but just something enough  
NOTE Confidence: 0.98062414

00:08:13.535 --> 00:08:14.895 for me to be able  
NOTE Confidence: 0.98062414

00:08:14.895 --> 00:08:16.095 to focus on and think  
NOTE Confidence: 0.98062414

00:08:16.095 --> 00:08:16.595 about.  
NOTE Confidence: 0.99296874

00:08:17.135 --> 00:08:18.995 And it will block out

NOTE Confidence: 0.9451904  
00:08:19.790 --> 00:08:21.810 the original negative thought.  
NOTE Confidence: 0.9885254  
00:08:22.590 --> 00:08:24.850 And, it really works. And,  
NOTE Confidence: 0.980678  
00:08:25.150 --> 00:08:26.510 I think I also changed  
NOTE Confidence: 0.980678  
00:08:26.510 --> 00:08:27.250 my breathing  
NOTE Confidence: 0.9450073  
00:08:28.430 --> 00:08:30.210 during that time from,  
NOTE Confidence: 0.9269867  
00:08:31.405 --> 00:08:32.925 I don't I don't know  
NOTE Confidence: 0.9269867  
00:08:32.925 --> 00:08:34.765 how quick I was breathing  
NOTE Confidence: 0.9269867  
00:08:34.765 --> 00:08:36.045 or short I was breathing  
NOTE Confidence: 0.9269867  
00:08:36.045 --> 00:08:36.545 before,  
NOTE Confidence: 0.99716794  
00:08:37.325 --> 00:08:39.585 but very conscious of taking,  
NOTE Confidence: 0.9736328  
00:08:41.005 --> 00:08:43.105 long, slow, deep breaths.  
NOTE Confidence: 0.991333  
00:08:44.110 --> 00:08:45.389 And it's best for me  
NOTE Confidence: 0.991333  
00:08:45.389 --> 00:08:46.610 if I have no disturbances.  
NOTE Confidence: 0.97221446  
00:08:47.550 --> 00:08:48.990 Like, if I can just  
NOTE Confidence: 0.97221446  
00:08:48.990 --> 00:08:50.610 focus on this one thing  
NOTE Confidence: 0.97221446

00:08:50.670 --> 00:08:52.610 and not get a telephone  
NOTE Confidence: 0.97221446

00:08:52.670 --> 00:08:54.429 call, not get into a  
NOTE Confidence: 0.97221446

00:08:54.429 --> 00:08:54.929 conversation,  
NOTE Confidence: 0.9543457

00:08:55.870 --> 00:08:56.689 not anything.  
NOTE Confidence: 0.99975586

00:08:57.309 --> 00:08:58.929 Just focus on one  
NOTE Confidence: 0.9830825

00:08:59.804 --> 00:09:01.645 simple thing that is enough  
NOTE Confidence: 0.9830825

00:09:01.645 --> 00:09:03.325 to keep my focus, but  
NOTE Confidence: 0.9830825

00:09:03.325 --> 00:09:04.845 not too much to overwhelm  
NOTE Confidence: 0.9830825

00:09:04.845 --> 00:09:05.665 me. And,  
NOTE Confidence: 0.9430176

00:09:08.684 --> 00:09:09.725 I, I don't know how  
NOTE Confidence: 0.9430176

00:09:09.725 --> 00:09:11.005 many times I tried that  
NOTE Confidence: 0.9430176

00:09:11.005 --> 00:09:12.285 before it worked, but it  
NOTE Confidence: 0.9430176

00:09:12.285 --> 00:09:14.190 really started to work. And  
NOTE Confidence: 0.9430176

00:09:14.190 --> 00:09:15.890 so now I am programmed  
NOTE Confidence: 1

00:09:16.670 --> 00:09:17.490 to recognize  
NOTE Confidence: 1

00:09:18.830 --> 00:09:19.650 that negative

NOTE Confidence: 0.9872001  
00:09:20.110 --> 00:09:21.550 thought process as soon as  
NOTE Confidence: 0.9872001  
00:09:21.550 --> 00:09:22.290 it starts.  
NOTE Confidence: 0.9441964  
00:09:24.350 --> 00:09:25.790 And depending on where I  
NOTE Confidence: 0.9441964  
00:09:25.790 --> 00:09:27.550 am, sometimes that may happen  
NOTE Confidence: 0.9441964  
00:09:27.550 --> 00:09:28.929 where I'm in public  
NOTE Confidence: 0.9842122  
00:09:29.895 --> 00:09:30.875 and not alone.  
NOTE Confidence: 0.94921875  
00:09:32.215 --> 00:09:33.355 And so  
NOTE Confidence: 0.87508136  
00:09:34.455 --> 00:09:36.235 that's tougher because  
NOTE Confidence: 0.9386719  
00:09:37.015 --> 00:09:38.955 that silent space is not  
NOTE Confidence: 0.9626465  
00:09:39.655 --> 00:09:40.715 readily available.  
NOTE Confidence: 0.9900716  
00:09:41.495 --> 00:09:42.635 But I have,  
NOTE Confidence: 0.94474286  
00:09:43.860 --> 00:09:44.820 I've, I've gone to the  
NOTE Confidence: 0.94474286  
00:09:44.820 --> 00:09:46.679 extent of, like, excusing myself  
NOTE Confidence: 0.94474286  
00:09:46.740 --> 00:09:48.360 from, let's say, lunch table  
NOTE Confidence: 0.94140625  
00:09:49.220 --> 00:09:50.740 and going to the ladies'  
NOTE Confidence: 0.94140625

00:09:50.740 --> 00:09:53.220 room and just trying in  
NOTE Confidence: 0.94140625

00:09:53.220 --> 00:09:54.260 there. But I have to  
NOTE Confidence: 0.94140625

00:09:54.260 --> 00:09:55.480 make up my own  
NOTE Confidence: 0.9838867

00:09:56.115 --> 00:09:57.735 neutral thoughts. So  
NOTE Confidence: 0.91849774

00:09:58.434 --> 00:10:00.115 sometimes it works and sometimes  
NOTE Confidence: 0.91849774

00:10:00.115 --> 00:10:01.895 it doesn't. It's much easy.  
NOTE Confidence: 0.91849774

00:10:02.035 --> 00:10:02.775 It works  
NOTE Confidence: 0.9970703

00:10:03.155 --> 00:10:04.275 when I'm in my own  
NOTE Confidence: 0.9970703

00:10:04.275 --> 00:10:05.255 private surroundings.  
NOTE Confidence: 0.9316406

00:10:08.275 --> 00:10:08.775 So  
NOTE Confidence: 1

00:10:09.610 --> 00:10:10.270 I will  
NOTE Confidence: 0.9894043

00:10:10.730 --> 00:10:12.510 say, in addition to that,  
NOTE Confidence: 0.9991862

00:10:12.890 --> 00:10:14.410 that there are other things  
NOTE Confidence: 0.9991862

00:10:14.410 --> 00:10:16.190 that are generally uplifting  
NOTE Confidence: 0.9437256

00:10:16.970 --> 00:10:17.630 to me,  
NOTE Confidence: 0.9812012

00:10:18.010 --> 00:10:18.510 and,

NOTE Confidence: 0.9697754  
00:10:19.450 --> 00:10:21.230 I'm sure to do those.  
NOTE Confidence: 0.95023286  
00:10:21.929 --> 00:10:23.235 And it takes it- It  
NOTE Confidence: 0.95023286  
00:10:23.235 --> 00:10:24.595 takes time to realize what  
NOTE Confidence: 0.95023286  
00:10:24.595 --> 00:10:25.975 really uplifts you  
NOTE Confidence: 0.94768417  
00:10:26.595 --> 00:10:27.795 and the things that make  
NOTE Confidence: 0.94768417  
00:10:27.795 --> 00:10:28.535 you upset,  
NOTE Confidence: 0.99902344  
00:10:29.235 --> 00:10:30.595 because I think your state  
NOTE Confidence: 0.99902344  
00:10:30.595 --> 00:10:31.335 of mind  
NOTE Confidence: 0.9933594  
00:10:31.875 --> 00:10:33.475 is real important when those  
NOTE Confidence: 0.9933594  
00:10:33.475 --> 00:10:35.575 negative moments come to surface.  
NOTE Confidence: 0.9716797  
00:10:36.675 --> 00:10:37.175 So  
NOTE Confidence: 0.9857178  
00:10:37.700 --> 00:10:38.900 not only do I try  
NOTE Confidence: 0.9857178  
00:10:38.900 --> 00:10:39.720 in the moment  
NOTE Confidence: 0.9598912  
00:10:41.059 --> 00:10:43.320 to change my thought pattern,  
NOTE Confidence: 0.9598912  
00:10:43.380 --> 00:10:44.200 but generally,  
NOTE Confidence: 0.9993164

00:10:45.059 --> 00:10:46.520 if I'm in a more  
NOTE Confidence: 1

00:10:47.059 --> 00:10:47.559 stable  
NOTE Confidence: 0.9804443

00:10:48.420 --> 00:10:50.260 mood or a more happy  
NOTE Confidence: 0.9804443

00:10:50.260 --> 00:10:52.520 mood, that's gonna help me  
NOTE Confidence: 0.99902344

00:10:53.315 --> 00:10:53.815 if  
NOTE Confidence: 0.9655856

00:10:54.515 --> 00:10:55.955 when negative thoughts come in.  
NOTE Confidence: 0.9655856

00:10:55.955 --> 00:10:56.915 And I don't they could  
NOTE Confidence: 0.9655856

00:10:56.915 --> 00:10:57.795 come in from a lot  
NOTE Confidence: 0.9655856

00:10:57.795 --> 00:10:59.315 of different ways, but I  
NOTE Confidence: 0.9655856

00:10:59.315 --> 00:11:00.355 feel a little bit more  
NOTE Confidence: 0.9655856

00:11:00.355 --> 00:11:00.855 prepared  
NOTE Confidence: 1

00:11:02.115 --> 00:11:03.735 to deal with them  
NOTE Confidence: 0.9790039

00:11:04.515 --> 00:11:05.015 overall  
NOTE Confidence: 0.9998372

00:11:06.050 --> 00:11:08.149 because of what my psychiatrist  
NOTE Confidence: 0.9998372

00:11:08.290 --> 00:11:09.809 has been able to explain  
NOTE Confidence: 0.9998372

00:11:09.809 --> 00:11:10.389 to me

NOTE Confidence: 0.9821506  
00:11:11.410 --> 00:11:12.769 about what's going on in  
NOTE Confidence: 0.9821506  
00:11:12.769 --> 00:11:14.630 my brain and explain  
NOTE Confidence: 1  
00:11:15.089 --> 00:11:15.990 how to implement  
NOTE Confidence: 0.9992676  
00:11:17.010 --> 00:11:17.910 these techniques.  
NOTE Confidence: 0.9980469  
00:11:19.205 --> 00:11:20.325 Yeah. It sounds like you  
NOTE Confidence: 0.9980469  
00:11:20.325 --> 00:11:22.005 have some kind of self  
NOTE Confidence: 0.9980469  
00:11:22.005 --> 00:11:22.505 efficacy  
NOTE Confidence: 0.9752197  
00:11:23.285 --> 00:11:25.365 of what to do when  
NOTE Confidence: 0.9752197  
00:11:25.365 --> 00:11:27.785 faced with the negative emotions  
NOTE Confidence: 0.9752197  
00:11:27.925 --> 00:11:28.745 that probably  
NOTE Confidence: 0.9847412  
00:11:29.365 --> 00:11:31.045 also helps, you know, so  
NOTE Confidence: 0.9847412  
00:11:31.045 --> 00:11:31.920 you don't feel  
NOTE Confidence: 0.9744385  
00:11:32.320 --> 00:11:33.779 lost or out of control,  
NOTE Confidence: 0.9744385  
00:11:34.000 --> 00:11:35.540 you know, when that happens.  
NOTE Confidence: 0.91625977  
00:11:36.160 --> 00:11:37.300 Exactly. So  
NOTE Confidence: 0.9669095

00:11:38.000 --> 00:11:39.279 I never was a thumb  
NOTE Confidence: 0.9669095

00:11:39.279 --> 00:11:40.880 sucker as a baby, but  
NOTE Confidence: 0.9669095

00:11:40.880 --> 00:11:41.700 I would imagine,  
NOTE Confidence: 0.96103513

00:11:42.639 --> 00:11:44.339 you know, that's self soothing  
NOTE Confidence: 0.42700195

00:11:45.279 --> 00:11:45.779 and  
NOTE Confidence: 0.99881417

00:11:47.054 --> 00:11:48.814 that probably doesn't feel all  
NOTE Confidence: 0.99881417

00:11:48.814 --> 00:11:49.634 that dissimilar  
NOTE Confidence: 0.97105575

00:11:49.934 --> 00:11:51.615 to how I self soothe  
NOTE Confidence: 0.97105575

00:11:51.615 --> 00:11:53.554 myself. No thumbs included.  
NOTE Confidence: 0.9572405

00:11:55.375 --> 00:11:56.574 Well, I was a thumb  
NOTE Confidence: 0.9572405

00:11:56.574 --> 00:11:57.554 sucker, but  
NOTE Confidence: 0.9112793

00:11:58.350 --> 00:11:59.890 I didn't last that long.  
NOTE Confidence: 0.92976886

00:12:00.589 --> 00:12:01.630 Oh, come on, you can  
NOTE Confidence: 0.92976886

00:12:01.630 --> 00:12:02.610 tell us the truth.  
NOTE Confidence: 0.9633382

00:12:04.110 --> 00:12:05.309 I also had a blankie  
NOTE Confidence: 0.9633382

00:12:05.309 --> 00:12:07.309 too. So the blankie lasted

NOTE Confidence: 0.9633382  
00:12:07.309 --> 00:12:07.890 a while.  
NOTE Confidence: 0.9646218  
00:12:09.390 --> 00:12:10.829 But I guess have you  
NOTE Confidence: 0.9646218  
00:12:10.829 --> 00:12:12.929 also thought about what living  
NOTE Confidence: 0.9646218  
00:12:12.990 --> 00:12:13.490 well  
NOTE Confidence: 0.9996948  
00:12:14.575 --> 00:12:16.095 might look like for you  
NOTE Confidence: 0.9996948  
00:12:16.095 --> 00:12:17.075 in the future?  
NOTE Confidence: 0.8947754  
00:12:20.655 --> 00:12:21.155 Yes.  
NOTE Confidence: 0.9211077  
00:12:22.175 --> 00:12:23.375 And right now, I have  
NOTE Confidence: 0.9211077  
00:12:23.375 --> 00:12:24.115 to say,  
NOTE Confidence: 0.92190754  
00:12:24.495 --> 00:12:26.015 remind me of that question  
NOTE Confidence: 0.92190754  
00:12:26.015 --> 00:12:27.215 if I need if you  
NOTE Confidence: 0.92190754  
00:12:27.215 --> 00:12:28.949 need I need it. But,  
NOTE Confidence: 0.9988281  
00:12:30.309 --> 00:12:31.769 part of the challenge now  
NOTE Confidence: 0.9005534  
00:12:32.550 --> 00:12:34.089 is to me a blessing,  
NOTE Confidence: 0.9005534  
00:12:34.309 --> 00:12:34.809 but  
NOTE Confidence: 0.99934894

00:12:35.189 --> 00:12:36.569 it's very difficult  
NOTE Confidence: 1

00:12:36.870 --> 00:12:38.250 for people to understand  
NOTE Confidence: 0.9948425

00:12:38.870 --> 00:12:39.990 that when you look well  
NOTE Confidence: 0.9948425

00:12:39.990 --> 00:12:40.970 on the inside,  
NOTE Confidence: 0.9341363

00:12:41.454 --> 00:12:42.815 it has nothing to do  
NOTE Confidence: 0.9341363

00:12:42.975 --> 00:12:44.355 on the outside rather.  
NOTE Confidence: 0.99332684

00:12:44.815 --> 00:12:45.934 It has nothing to do  
NOTE Confidence: 0.99332684

00:12:45.934 --> 00:12:47.535 with what's going on on  
NOTE Confidence: 0.99332684

00:12:47.535 --> 00:12:48.355 the inside.  
NOTE Confidence: 0.98828125

00:12:49.454 --> 00:12:49.934 And,  
NOTE Confidence: 0.90527344

00:12:51.454 --> 00:12:51.954 that's,  
NOTE Confidence: 0.9932129

00:12:52.255 --> 00:12:54.514 you know, I understand that,  
NOTE Confidence: 0.93470985

00:12:55.920 --> 00:12:57.679 but it's not, it's just  
NOTE Confidence: 0.93470985

00:12:57.679 --> 00:12:58.959 not the case. So for  
NOTE Confidence: 0.93470985

00:12:58.959 --> 00:13:00.740 example, if somebody had  
NOTE Confidence: 0.99902344

00:13:02.319 --> 00:13:02.819 cancer

NOTE Confidence: 0.9546509  
00:13:04.079 --> 00:13:06.259 and they didn't look sick  
NOTE Confidence: 0.9546509  
00:13:06.319 --> 00:13:07.300 at that time,  
NOTE Confidence: 0.99975586  
00:13:07.759 --> 00:13:09.120 I don't think many people  
NOTE Confidence: 0.99975586  
00:13:09.120 --> 00:13:10.420 would question them.  
NOTE Confidence: 0.9991455  
00:13:10.975 --> 00:13:12.095 I mean, I think most  
NOTE Confidence: 0.9991455  
00:13:12.095 --> 00:13:12.995 people would think,  
NOTE Confidence: 0.7932129  
00:13:13.695 --> 00:13:14.195 Wow,  
NOTE Confidence: 0.96005857  
00:13:15.295 --> 00:13:17.235 this person looks good, but  
NOTE Confidence: 0.9651642  
00:13:17.535 --> 00:13:18.815 they're not thinking, Oh, they  
NOTE Confidence: 0.9651642  
00:13:18.815 --> 00:13:20.655 don't have cancer. And, in  
NOTE Confidence: 0.9651642  
00:13:20.655 --> 00:13:22.175 fact, if they're gonna if  
NOTE Confidence: 0.9651642  
00:13:22.175 --> 00:13:22.590 they're  
NOTE Confidence: 0.99902344  
00:13:23.070 --> 00:13:23.570 decent  
NOTE Confidence: 0.99320847  
00:13:24.030 --> 00:13:25.730 in any way at all,  
NOTE Confidence: 0.99320847  
00:13:26.030 --> 00:13:27.809 they're gonna show some level  
NOTE Confidence: 0.99320847

00:13:28.030 --> 00:13:28.530 of,  
NOTE Confidence: 0.9926758

00:13:29.550 --> 00:13:30.050 compassion.  
NOTE Confidence: 0.9770508

00:13:31.550 --> 00:13:31.950 And,  
NOTE Confidence: 0.98691404

00:13:33.230 --> 00:13:34.990 for some reason, when it's  
NOTE Confidence: 0.98691404

00:13:34.990 --> 00:13:36.850 issues dealing with the brain,  
NOTE Confidence: 0.9987793

00:13:37.715 --> 00:13:39.255 I think people confuse  
NOTE Confidence: 0.9963379

00:13:40.115 --> 00:13:42.295 brain disease with psychological,  
NOTE Confidence: 0.99902344

00:13:45.475 --> 00:13:45.975 psychological  
NOTE Confidence: 0.814209

00:13:46.515 --> 00:13:47.015 problems.  
NOTE Confidence: 0.8942464

00:13:48.515 --> 00:13:49.875 And both are, both are  
NOTE Confidence: 0.8942464

00:13:49.875 --> 00:13:50.375 valid  
NOTE Confidence: 0.86376953

00:13:50.755 --> 00:13:51.255 illnesses.  
NOTE Confidence: 0.9208171

00:13:51.635 --> 00:13:52.695 I know that,  
NOTE Confidence: 0.9192708

00:13:53.410 --> 00:13:55.410 But I think that often  
NOTE Confidence: 0.9192708

00:13:55.410 --> 00:13:55.910 people  
NOTE Confidence: 0.99714005

00:13:58.370 --> 00:13:59.730 get the impression that there

NOTE Confidence: 0.99714005  
00:13:59.730 --> 00:14:00.550 must be  
NOTE Confidence: 0.9480794  
00:14:01.250 --> 00:14:02.770 not a disease of the  
NOTE Confidence: 0.9480794  
00:14:02.770 --> 00:14:03.270 brain,  
NOTE Confidence: 0.9674208  
00:14:03.730 --> 00:14:05.490 but like, you know, whether  
NOTE Confidence: 0.9674208  
00:14:05.490 --> 00:14:06.550 it be a disorder,  
NOTE Confidence: 0.99869794  
00:14:06.929 --> 00:14:08.309 an emotional disorder.  
NOTE Confidence: 0.9946289  
00:14:09.304 --> 00:14:09.804 So,  
NOTE Confidence: 0.9758301  
00:14:10.265 --> 00:14:11.804 you know, I have that  
NOTE Confidence: 0.9758301  
00:14:12.024 --> 00:14:13.545 was upsetting to me, not  
NOTE Confidence: 0.9758301  
00:14:13.545 --> 00:14:14.045 because  
NOTE Confidence: 0.95798457  
00:14:14.745 --> 00:14:16.285 I wanted to look awful,  
NOTE Confidence: 0.95798457  
00:14:16.345 --> 00:14:18.105 but I I do I  
NOTE Confidence: 0.95798457  
00:14:18.105 --> 00:14:19.464 do wish that people could  
NOTE Confidence: 0.95798457  
00:14:19.464 --> 00:14:21.464 more readily understand, which is  
NOTE Confidence: 0.95798457  
00:14:21.464 --> 00:14:21.964 why,  
NOTE Confidence: 0.93755424

00:14:22.460 --> 00:14:23.900 large part of why I  
NOTE Confidence: 0.93755424

00:14:23.900 --> 00:14:25.200 I do these talks  
NOTE Confidence: 0.6925049

00:14:25.820 --> 00:14:26.540 so that,  
NOTE Confidence: 0.94086915

00:14:29.260 --> 00:14:31.280 the stigma is perhaps reduced.  
NOTE Confidence: 0.99438477

00:14:32.220 --> 00:14:34.000 And for people to understand  
NOTE Confidence: 0.99438477

00:14:34.140 --> 00:14:35.360 when they look at me,  
NOTE Confidence: 0.9105713

00:14:37.165 --> 00:14:38.545 they get a different picture,  
NOTE Confidence: 0.92545575

00:14:39.005 --> 00:14:40.065 as do I.  
NOTE Confidence: 0.9217231

00:14:41.005 --> 00:14:42.305 When I first heard it,  
NOTE Confidence: 0.9217231

00:14:42.445 --> 00:14:43.965 my image of what I  
NOTE Confidence: 0.9217231

00:14:43.965 --> 00:14:45.245 was gonna look like, and  
NOTE Confidence: 0.9217231

00:14:45.245 --> 00:14:46.365 for some day I thought  
NOTE Confidence: 0.9217231

00:14:46.365 --> 00:14:47.325 of for some reason I  
NOTE Confidence: 0.9217231

00:14:47.325 --> 00:14:48.285 thought it would be like  
NOTE Confidence: 0.9217231

00:14:48.285 --> 00:14:49.745 within a week, like immediately,  
NOTE Confidence: 0.9217231

00:14:49.805 --> 00:14:51.165 I would start looking very

NOTE Confidence: 0.9217231  
00:14:51.165 --> 00:14:51.665 differently.  
NOTE Confidence: 0.8990827  
00:14:52.040 --> 00:14:54.200 Mhmm. But clearly that's not  
NOTE Confidence: 0.8990827  
00:14:54.200 --> 00:14:54.860 the case.  
NOTE Confidence: 0.98950195  
00:14:55.320 --> 00:14:56.140 And so  
NOTE Confidence: 0.98205566  
00:14:56.520 --> 00:14:57.820 people need to understand  
NOTE Confidence: 0.9909668  
00:14:59.880 --> 00:15:00.540 that when  
NOTE Confidence: 0.9946289  
00:15:01.720 --> 00:15:03.500 they are looking at somebody  
NOTE Confidence: 0.9946289  
00:15:03.720 --> 00:15:05.260 diagnosed with dementia,  
NOTE Confidence: 1  
00:15:06.255 --> 00:15:06.755 that  
NOTE Confidence: 0.9667155  
00:15:07.695 --> 00:15:08.815 that it's a case by  
NOTE Confidence: 0.9667155  
00:15:08.815 --> 00:15:10.415 case basis in terms of  
NOTE Confidence: 0.9667155  
00:15:10.415 --> 00:15:11.155 the process,  
NOTE Confidence: 0.9907532  
00:15:11.775 --> 00:15:13.295 and somebody can look like  
NOTE Confidence: 0.9907532  
00:15:13.295 --> 00:15:14.995 me, or somebody  
NOTE Confidence: 0.9856445  
00:15:15.295 --> 00:15:16.995 else can look very differently,  
NOTE Confidence: 0.9998047

00:15:17.615 --> 00:15:19.075 but it's still the same  
NOTE Confidence: 0.92407227

00:15:19.920 --> 00:15:20.420 diagnosis.  
NOTE Confidence: 0.8790283

00:15:21.440 --> 00:15:22.900 And your question was?  
NOTE Confidence: 0.98761857

00:15:24.960 --> 00:15:26.080 You know, have you thought  
NOTE Confidence: 0.98761857

00:15:26.080 --> 00:15:27.840 about what it might look  
NOTE Confidence: 0.98761857

00:15:27.840 --> 00:15:29.220 like to live well  
NOTE Confidence: 0.9427083

00:15:29.680 --> 00:15:30.580 in the future?  
NOTE Confidence: 0.90108234

00:15:32.240 --> 00:15:33.540 Well, right now,  
NOTE Confidence: 0.9729492

00:15:34.715 --> 00:15:36.335 apparently, I have the wherewithal  
NOTE Confidence: 1

00:15:37.595 --> 00:15:38.095 to  
NOTE Confidence: 0.9863281

00:15:38.555 --> 00:15:40.075 kick into the process I  
NOTE Confidence: 0.9863281

00:15:40.075 --> 00:15:40.815 was taught,  
NOTE Confidence: 0.99612427

00:15:41.995 --> 00:15:43.435 and I know I won't  
NOTE Confidence: 0.99612427

00:15:43.435 --> 00:15:44.735 always have that.  
NOTE Confidence: 0.97143555

00:15:45.595 --> 00:15:46.095 So,  
NOTE Confidence: 0.9966634

00:15:46.875 --> 00:15:47.855 in the future,

NOTE Confidence: 0.97769165  
00:15:49.310 --> 00:15:51.150 if I could map out  
NOTE Confidence: 0.97769165  
00:15:51.150 --> 00:15:52.190 what it would be like  
NOTE Confidence: 0.97769165  
00:15:52.190 --> 00:15:52.850 for me,  
NOTE Confidence: 0.99902344  
00:15:53.230 --> 00:15:54.510 I just want to know  
NOTE Confidence: 0.99902344  
00:15:54.510 --> 00:15:55.250 that I'm  
NOTE Confidence: 1  
00:15:55.710 --> 00:15:56.210 surrounded  
NOTE Confidence: 0.984375  
00:15:56.590 --> 00:15:57.970 by people that,  
NOTE Confidence: 1  
00:15:59.390 --> 00:16:00.610 care about me  
NOTE Confidence: 0.99986047  
00:16:01.154 --> 00:16:02.195 and give me a sense  
NOTE Confidence: 0.99986047  
00:16:02.195 --> 00:16:03.255 of comfort  
NOTE Confidence: 0.9794922  
00:16:03.875 --> 00:16:04.774 and safety  
NOTE Confidence: 0.98828125  
00:16:05.875 --> 00:16:06.375 and  
NOTE Confidence: 0.8757324  
00:16:07.074 --> 00:16:07.574 happiness.  
NOTE Confidence: 0.91223145  
00:16:07.875 --> 00:16:09.894 Because sometimes even now,  
NOTE Confidence: 0.9333496  
00:16:10.675 --> 00:16:12.214 if some Let's say  
NOTE Confidence: 0.87041014

00:16:12.755 --> 00:16:14.454 I watch something on TV  
NOTE Confidence: 0.98250324

00:16:15.440 --> 00:16:17.040 and, you know, there's a  
NOTE Confidence: 0.98250324

00:16:17.040 --> 00:16:17.540 plot  
NOTE Confidence: 0.9673462

00:16:18.000 --> 00:16:19.380 and I enjoyed it.  
NOTE Confidence: 0.97908527

00:16:20.000 --> 00:16:20.980 The next day,  
NOTE Confidence: 0.9854079

00:16:22.000 --> 00:16:23.200 I most likely may not  
NOTE Confidence: 0.9854079

00:16:23.200 --> 00:16:24.480 remember the plot, but I  
NOTE Confidence: 0.9854079

00:16:24.480 --> 00:16:25.460 have the feeling,  
NOTE Confidence: 0.9918324

00:16:26.080 --> 00:16:28.400 the feeling of enjoyment stays  
NOTE Confidence: 0.9918324

00:16:28.400 --> 00:16:30.240 with me. So I think  
NOTE Confidence: 0.9918324

00:16:30.240 --> 00:16:30.740 that,  
NOTE Confidence: 0.9994141

00:16:31.334 --> 00:16:32.714 you know, that will be  
NOTE Confidence: 0.9975586

00:16:33.254 --> 00:16:34.154 most everything  
NOTE Confidence: 0.9503581

00:16:35.095 --> 00:16:36.314 later on where  
NOTE Confidence: 0.96069336

00:16:36.615 --> 00:16:37.975 I may not remember the  
NOTE Confidence: 0.96069336

00:16:37.975 --> 00:16:38.475 words.

NOTE Confidence: 1

00:16:39.095 --> 00:16:40.235 I may not remember

NOTE Confidence: 0.99210614

00:16:40.694 --> 00:16:42.875 who's who, but the emotional

NOTE Confidence: 0.99210614

00:16:43.175 --> 00:16:43.675 feelings

NOTE Confidence: 0.9970161

00:16:45.000 --> 00:16:47.020 will stay with me. So

NOTE Confidence: 0.9970161

00:16:47.320 --> 00:16:48.760 I wouldn't want people to

NOTE Confidence: 0.9970161

00:16:48.760 --> 00:16:50.840 stop speaking to me if

NOTE Confidence: 0.9970161

00:16:50.840 --> 00:16:51.820 I don't respond.

NOTE Confidence: 0.95654297

00:16:54.760 --> 00:16:55.820 I wouldn't want

NOTE Confidence: 0.9998372

00:16:56.360 --> 00:16:59.100 anybody to engage with me

NOTE Confidence: 0.9998372

00:16:59.400 --> 00:16:59.900 differently

NOTE Confidence: 0.9640503

00:17:00.945 --> 00:17:02.785 because the feeling and from

NOTE Confidence: 0.9640503

00:17:02.785 --> 00:17:04.485 what I understand, the emotions

NOTE Confidence: 0.9640503

00:17:04.705 --> 00:17:05.445 stay intact.

NOTE Confidence: 0.97735596

00:17:06.225 --> 00:17:07.585 The feelings will be there,

NOTE Confidence: 0.97735596

00:17:07.585 --> 00:17:08.484 and at least

NOTE Confidence: 0.9834682

00:17:09.025 --> 00:17:11.025 I can be as happy  
NOTE Confidence: 0.9834682

00:17:11.025 --> 00:17:12.085 as possible.  
NOTE Confidence: 0.9968262

00:17:13.950 --> 00:17:15.230 So that's one part of  
NOTE Confidence: 0.9968262

00:17:15.230 --> 00:17:15.730 it.  
NOTE Confidence: 0.8964844

00:17:16.030 --> 00:17:17.150 The other part of it  
NOTE Confidence: 0.8964844

00:17:17.150 --> 00:17:19.470 is if there's something wrong  
NOTE Confidence: 0.8964844

00:17:19.470 --> 00:17:21.390 going wrong where right now  
NOTE Confidence: 0.8964844

00:17:21.390 --> 00:17:23.090 I could say to somebody,  
NOTE Confidence: 0.9788132

00:17:24.030 --> 00:17:25.710 oh, I need I need  
NOTE Confidence: 0.9788132

00:17:25.710 --> 00:17:27.070 help with this, or this  
NOTE Confidence: 0.9788132

00:17:27.070 --> 00:17:28.965 hurts, or I need I  
NOTE Confidence: 0.9788132

00:17:28.965 --> 00:17:30.005 need you to help me  
NOTE Confidence: 0.9788132

00:17:30.005 --> 00:17:31.605 this way. I'm not going  
NOTE Confidence: 0.9788132

00:17:31.605 --> 00:17:32.885 to always be able to  
NOTE Confidence: 0.9788132

00:17:32.885 --> 00:17:33.705 do that.  
NOTE Confidence: 0.9992676

00:17:34.325 --> 00:17:36.105 So my vision is

NOTE Confidence: 0.87158203  
00:17:36.725 --> 00:17:37.225 that,  
NOTE Confidence: 1  
00:17:38.244 --> 00:17:39.465 everybody involved  
NOTE Confidence: 0.9700928  
00:17:40.085 --> 00:17:41.785 as my support team  
NOTE Confidence: 0.99328613  
00:17:43.600 --> 00:17:45.380 gets to learn now  
NOTE Confidence: 0.98706055  
00:17:46.160 --> 00:17:46.900 the things  
NOTE Confidence: 0.9856623  
00:17:48.240 --> 00:17:49.840 that are most comforting for  
NOTE Confidence: 0.9856623  
00:17:49.840 --> 00:17:51.440 me and what makes me  
NOTE Confidence: 0.9856623  
00:17:51.440 --> 00:17:51.940 feel  
NOTE Confidence: 0.9041748  
00:17:52.720 --> 00:17:54.660 most secure so that  
NOTE Confidence: 1  
00:17:55.875 --> 00:17:56.855 when I can't  
NOTE Confidence: 0.99487305  
00:17:57.155 --> 00:17:59.015 express it, they'll know.  
NOTE Confidence: 0.9857178  
00:18:01.395 --> 00:18:03.255 And I hope to  
NOTE Confidence: 0.95247394  
00:18:04.915 --> 00:18:06.915 as long as possible or  
NOTE Confidence: 0.95247394  
00:18:06.915 --> 00:18:07.415 forever,  
NOTE Confidence: 0.9935826  
00:18:08.035 --> 00:18:09.955 my personal choice would be  
NOTE Confidence: 0.9935826

00:18:09.955 --> 00:18:10.775 to live  
NOTE Confidence: 0.9784546

00:18:13.609 --> 00:18:14.990 in a private setting.  
NOTE Confidence: 0.97710824

00:18:16.890 --> 00:18:18.090 That's just I mean, some  
NOTE Confidence: 0.97710824

00:18:18.090 --> 00:18:19.930 people don't like that. I  
NOTE Confidence: 0.97710824

00:18:19.930 --> 00:18:20.890 I have I have a  
NOTE Confidence: 0.97710824

00:18:20.890 --> 00:18:21.869 social life.  
NOTE Confidence: 0.9995117

00:18:23.450 --> 00:18:24.990 If that changes drastically  
NOTE Confidence: 0.99886066

00:18:25.290 --> 00:18:26.270 down the road,  
NOTE Confidence: 0.95613605

00:18:26.845 --> 00:18:28.305 maybe I would feel differently.  
NOTE Confidence: 0.95613605

00:18:28.365 --> 00:18:28.865 Because  
NOTE Confidence: 0.97233075

00:18:29.565 --> 00:18:30.705 I think socializing  
NOTE Confidence: 1

00:18:31.325 --> 00:18:31.825 is  
NOTE Confidence: 0.98358154

00:18:32.205 --> 00:18:33.425 one of the core,  
NOTE Confidence: 0.9987793

00:18:36.205 --> 00:18:37.745 behaviors in my lifestyle  
NOTE Confidence: 0.9959717

00:18:38.445 --> 00:18:40.145 that keeps me upbeat.  
NOTE Confidence: 0.89868164

00:18:41.269 --> 00:18:41.769 So,

NOTE Confidence: 0.9470215

00:18:42.470 --> 00:18:43.769 right now, it's okay.

NOTE Confidence: 0.81884766

00:18:44.389 --> 00:18:44.889 And,

NOTE Confidence: 0.99554443

00:18:45.350 --> 00:18:47.529 if that altered drastically,

NOTE Confidence: 0.9892578

00:18:47.909 --> 00:18:49.669 maybe I would consider another

NOTE Confidence: 0.9892578

00:18:49.669 --> 00:18:51.690 lifestyle choice. I don't know.

NOTE Confidence: 0.9892578

00:18:51.909 --> 00:18:53.595 But, most important to me

NOTE Confidence: 0.9892578

00:18:53.835 --> 00:18:55.355 is to be surrounded by

NOTE Confidence: 0.9892578

00:18:55.355 --> 00:18:55.855 people

NOTE Confidence: 0.992334

00:18:56.155 --> 00:18:58.255 that are not necessarily acquaintances,

NOTE Confidence: 0.99658203

00:18:58.715 --> 00:18:59.855 but that I know

NOTE Confidence: 0.99013674

00:19:00.155 --> 00:19:01.695 and trust that I'm in

NOTE Confidence: 0.9531657

00:19:01.994 --> 00:19:03.994 really good hands, that I'm

NOTE Confidence: 0.9531657

00:19:03.994 --> 00:19:04.494 understood,

NOTE Confidence: 0.9154053

00:19:05.515 --> 00:19:06.815 and that I am

NOTE Confidence: 1

00:19:07.914 --> 00:19:08.414 protected.

NOTE Confidence: 0.9576823

00:19:10.409 --> 00:19:11.850 Yeah. This really speaks to  
NOTE Confidence: 0.9576823

00:19:11.850 --> 00:19:13.950 the continuity of, like,  
NOTE Confidence: 1

00:19:15.130 --> 00:19:16.990 having people around you  
NOTE Confidence: 0.9960124

00:19:17.369 --> 00:19:18.890 that you can talk to  
NOTE Confidence: 0.9960124

00:19:18.890 --> 00:19:19.390 throughout  
NOTE Confidence: 0.9995117

00:19:20.010 --> 00:19:21.070 the progression  
NOTE Confidence: 0.9286296

00:19:21.609 --> 00:19:23.770 of dementia so that one  
NOTE Confidence: 0.9286296

00:19:23.770 --> 00:19:24.270 day  
NOTE Confidence: 0.99990237

00:19:24.655 --> 00:19:26.115 they'll be able to know  
NOTE Confidence: 0.9917806

00:19:26.415 --> 00:19:28.035 what makes you feel comfortable  
NOTE Confidence: 0.9917806

00:19:28.255 --> 00:19:28.755 and  
NOTE Confidence: 0.99934894

00:19:29.055 --> 00:19:30.115 what your priorities  
NOTE Confidence: 0.9863281

00:19:30.494 --> 00:19:30.994 are.  
NOTE Confidence: 0.99398804

00:19:31.615 --> 00:19:32.815 I imagine it could be  
NOTE Confidence: 0.99398804

00:19:32.815 --> 00:19:34.035 difficult if someone,  
NOTE Confidence: 0.9937337

00:19:34.415 --> 00:19:35.695 you know, all of a

NOTE Confidence: 0.9937337  
00:19:35.695 --> 00:19:37.234 sudden gets put somewhere,  
NOTE Confidence: 0.9991048  
00:19:37.615 --> 00:19:38.655 you know, where no one  
NOTE Confidence: 0.9991048  
00:19:38.655 --> 00:19:39.155 knows  
NOTE Confidence: 0.94311523  
00:19:39.540 --> 00:19:41.140 anything about them and how  
NOTE Confidence: 0.94311523  
00:19:41.140 --> 00:19:43.060 that could be harder. So  
NOTE Confidence: 0.94311523  
00:19:43.060 --> 00:19:44.680 it seems smart to  
NOTE Confidence: 0.9992676  
00:19:45.060 --> 00:19:46.119 try to keep people  
NOTE Confidence: 0.9983724  
00:19:47.300 --> 00:19:48.280 in your life  
NOTE Confidence: 0.97314453  
00:19:48.820 --> 00:19:49.560 who could  
NOTE Confidence: 0.9985894  
00:19:50.340 --> 00:19:52.020 know about you and the  
NOTE Confidence: 0.9985894  
00:19:52.020 --> 00:19:53.720 care that you want.  
NOTE Confidence: 0.8899536  
00:19:54.805 --> 00:19:56.005 So from what, yeah, from  
NOTE Confidence: 0.8899536  
00:19:56.005 --> 00:19:57.065 what I've learned,  
NOTE Confidence: 0.9989347  
00:19:57.765 --> 00:19:59.845 about eighty percent of people  
NOTE Confidence: 0.9989347  
00:19:59.845 --> 00:20:01.845 diagnosed with dementia remain at  
NOTE Confidence: 0.9989347

00:20:01.845 --> 00:20:02.345 home  
NOTE Confidence: 0.9458008

00:20:02.965 --> 00:20:03.945 for their lives,  
NOTE Confidence: 0.7529297

00:20:04.965 --> 00:20:05.465 but,  
NOTE Confidence: 0.9968262

00:20:05.925 --> 00:20:06.585 of course,  
NOTE Confidence: 0.979126

00:20:07.369 --> 00:20:08.990 there's another twenty percent.  
NOTE Confidence: 0.9542165

00:20:09.690 --> 00:20:10.890 And I do hope that  
NOTE Confidence: 0.9542165

00:20:10.890 --> 00:20:12.650 if the situation changes for  
NOTE Confidence: 0.9542165

00:20:12.650 --> 00:20:14.090 me where it really, for  
NOTE Confidence: 0.9542165

00:20:14.090 --> 00:20:14.990 whatever reason,  
NOTE Confidence: 0.9873454

00:20:15.450 --> 00:20:17.210 doesn't make logical sense at  
NOTE Confidence: 0.9873454

00:20:17.210 --> 00:20:17.710 all,  
NOTE Confidence: 0.9991455

00:20:18.090 --> 00:20:20.109 that I'm aware enough  
NOTE Confidence: 0.98217773

00:20:20.650 --> 00:20:21.390 to maybe  
NOTE Confidence: 0.9503174

00:20:22.415 --> 00:20:23.875 participate in the choice.  
NOTE Confidence: 0.7336426

00:20:25.215 --> 00:20:26.275 You know, so  
NOTE Confidence: 0.99004656

00:20:27.615 --> 00:20:29.135 hopefully not, but we'll see

NOTE Confidence: 0.99004656  
00:20:29.135 --> 00:20:30.655 how that goes. That's not  
NOTE Confidence: 0.99004656  
00:20:30.655 --> 00:20:31.855 really part of what I  
NOTE Confidence: 0.99004656  
00:20:31.855 --> 00:20:33.054 wish for in the future,  
NOTE Confidence: 0.99004656  
00:20:33.054 --> 00:20:34.255 but who knows what will  
NOTE Confidence: 0.99004656  
00:20:34.255 --> 00:20:34.755 happen.  
NOTE Confidence: 0.8503418  
00:20:35.294 --> 00:20:35.794 Yeah.  
NOTE Confidence: 0.99172974  
00:20:36.409 --> 00:20:38.809 So what, types of supports  
NOTE Confidence: 0.99172974  
00:20:38.809 --> 00:20:39.950 from your environment  
NOTE Confidence: 1  
00:20:40.330 --> 00:20:40.990 have been  
NOTE Confidence: 0.99890137  
00:20:41.369 --> 00:20:43.230 especially helpful to you?  
NOTE Confidence: 0.9824451  
00:20:44.169 --> 00:20:46.090 Talking talking to the people  
NOTE Confidence: 0.9824451  
00:20:46.090 --> 00:20:47.769 that I'm closest with. It  
NOTE Confidence: 0.9824451  
00:20:47.769 --> 00:20:48.809 could be on the phone.  
NOTE Confidence: 0.9824451  
00:20:48.809 --> 00:20:50.169 It doesn't always have to  
NOTE Confidence: 0.9824451  
00:20:50.169 --> 00:20:50.669 be,  
NOTE Confidence: 0.98276365

00:20:52.265 --> 00:20:54.125 seeing them, but staying connected

NOTE Confidence: 0.98701614

00:20:55.385 --> 00:20:57.225 with the people closest to

NOTE Confidence: 0.98701614

00:20:57.225 --> 00:20:59.085 me. And, when I practiced

NOTE Confidence: 0.98701614

00:20:59.145 --> 00:20:59.645 law,

NOTE Confidence: 1

00:21:00.665 --> 00:21:01.405 I was

NOTE Confidence: 1

00:21:02.265 --> 00:21:02.765 extremely

NOTE Confidence: 0.78304034

00:21:03.145 --> 00:21:04.445 social, and sometimes

NOTE Confidence: 0.9853891

00:21:04.980 --> 00:21:06.260 that could have been contact

NOTE Confidence: 0.9853891

00:21:06.260 --> 00:21:08.260 with clients who may not

NOTE Confidence: 0.9853891

00:21:08.260 --> 00:21:09.480 have been necessarily

NOTE Confidence: 0.91349286

00:21:09.780 --> 00:21:11.320 always personal friends.

NOTE Confidence: 0.9951172

00:21:11.859 --> 00:21:12.679 But I was

NOTE Confidence: 0.99316406

00:21:13.059 --> 00:21:15.380 I was connected with other

NOTE Confidence: 0.99316406

00:21:15.380 --> 00:21:15.880 people

NOTE Confidence: 0.96881104

00:21:16.340 --> 00:21:17.619 from the time I opened

NOTE Confidence: 0.96881104

00:21:17.619 --> 00:21:18.760 my eyes, basically,

NOTE Confidence: 0.97546387  
00:21:19.375 --> 00:21:20.335 until the time I went  
NOTE Confidence: 0.97546387  
00:21:20.335 --> 00:21:21.054 to sleep. And it would  
NOTE Confidence: 0.97546387  
00:21:21.054 --> 00:21:21.794 go from  
NOTE Confidence: 1  
00:21:22.095 --> 00:21:22.595 personal  
NOTE Confidence: 1  
00:21:22.895 --> 00:21:23.395 relationships  
NOTE Confidence: 0.9506836  
00:21:23.775 --> 00:21:25.234 to business relationships  
NOTE Confidence: 0.90239257  
00:21:25.615 --> 00:21:27.955 back to personal relationships. But  
NOTE Confidence: 0.9163208  
00:21:28.255 --> 00:21:29.475 in terms of connection,  
NOTE Confidence: 0.99273  
00:21:29.855 --> 00:21:31.135 I was covered a hundred  
NOTE Confidence: 0.99273  
00:21:31.135 --> 00:21:32.355 percent of the time.  
NOTE Confidence: 0.7685547  
00:21:32.790 --> 00:21:33.290 Now,  
NOTE Confidence: 0.97400844  
00:21:33.590 --> 00:21:35.050 that's that would be overwhelming  
NOTE Confidence: 0.97400844  
00:21:35.110 --> 00:21:36.550 for me, a hundred percent  
NOTE Confidence: 0.97400844  
00:21:36.550 --> 00:21:37.290 of the time.  
NOTE Confidence: 0.97929686  
00:21:37.910 --> 00:21:39.930 But just to know that  
NOTE Confidence: 0.99938965

00:21:40.390 --> 00:21:41.770 I'm speaking to people  
NOTE Confidence: 0.78344727

00:21:42.070 --> 00:21:42.890 and also  
NOTE Confidence: 0.98706055

00:21:43.670 --> 00:21:44.170 socializing  
NOTE Confidence: 0.99311525

00:21:44.470 --> 00:21:45.930 with them face to face,  
NOTE Confidence: 0.9995117

00:21:47.825 --> 00:21:48.645 is just  
NOTE Confidence: 0.86621094

00:21:48.985 --> 00:21:49.485 a  
NOTE Confidence: 0.8095703

00:21:49.825 --> 00:21:51.045 tremendous help  
NOTE Confidence: 0.99853516

00:21:51.505 --> 00:21:52.244 to keeping  
NOTE Confidence: 0.99902344

00:21:53.265 --> 00:21:54.165 my lifestyle  
NOTE Confidence: 0.99869794

00:21:54.705 --> 00:21:57.345 as happy and healthy as  
NOTE Confidence: 0.99869794

00:21:57.345 --> 00:21:57.845 possible.  
NOTE Confidence: 0.9998372

00:21:59.025 --> 00:22:00.465 I was a very social  
NOTE Confidence: 0.9998372

00:22:00.465 --> 00:22:00.965 person  
NOTE Confidence: 0.76049805

00:22:01.425 --> 00:22:01.925 beforehand.  
NOTE Confidence: 0.9607309

00:22:03.160 --> 00:22:04.700 And even for the years  
NOTE Confidence: 0.9607309

00:22:04.760 --> 00:22:06.200 that I had this, that

NOTE Confidence: 0.9607309  
00:22:06.200 --> 00:22:07.420 I wasn't diagnosed,  
NOTE Confidence: 0.9884169  
00:22:08.280 --> 00:22:09.640 it was I remained that  
NOTE Confidence: 0.9884169  
00:22:09.640 --> 00:22:11.020 way. That's my nature.  
NOTE Confidence: 0.97233075  
00:22:11.560 --> 00:22:12.840 And I know that's not  
NOTE Confidence: 0.97233075  
00:22:12.840 --> 00:22:13.340 everybody's  
NOTE Confidence: 0.86328125  
00:22:13.640 --> 00:22:14.140 nature,  
NOTE Confidence: 0.9968262  
00:22:14.760 --> 00:22:15.900 but I do believe  
NOTE Confidence: 0.93322754  
00:22:16.774 --> 00:22:18.054 that once something like this  
NOTE Confidence: 0.93322754  
00:22:18.054 --> 00:22:19.115 happens to you,  
NOTE Confidence: 0.7578125  
00:22:19.654 --> 00:22:20.154 that,  
NOTE Confidence: 0.9995117  
00:22:20.615 --> 00:22:21.115 hopefully,  
NOTE Confidence: 0.99938965  
00:22:22.054 --> 00:22:23.195 if it's not somebody's  
NOTE Confidence: 0.9436035  
00:22:23.575 --> 00:22:24.075 nature,  
NOTE Confidence: 0.99173105  
00:22:24.695 --> 00:22:25.894 that there will be somebody  
NOTE Confidence: 0.99173105  
00:22:25.894 --> 00:22:27.174 that can guide them in  
NOTE Confidence: 0.99173105

00:22:27.174 --> 00:22:28.774 a direction. And maybe they  
NOTE Confidence: 0.99173105

00:22:28.774 --> 00:22:30.315 don't need as much social  
NOTE Confidence: 0.99173105

00:22:30.375 --> 00:22:31.674 contact as I  
NOTE Confidence: 0.9609375

00:22:32.080 --> 00:22:32.580 do,  
NOTE Confidence: 0.99902344

00:22:33.040 --> 00:22:33.540 but  
NOTE Confidence: 0.9982503

00:22:33.920 --> 00:22:34.800 I don't think there's a  
NOTE Confidence: 0.9982503

00:22:34.800 --> 00:22:36.480 case where social contact does  
NOTE Confidence: 0.9982503

00:22:36.480 --> 00:22:37.300 not help.  
NOTE Confidence: 0.77301025

00:22:37.920 --> 00:22:39.140 And I I mean,  
NOTE Confidence: 0.95270133

00:22:39.520 --> 00:22:40.320 I know a lot of  
NOTE Confidence: 0.95270133

00:22:40.320 --> 00:22:41.940 different people with the diagnosis,  
NOTE Confidence: 0.95270133

00:22:42.160 --> 00:22:44.000 and one pops into my  
NOTE Confidence: 0.95270133

00:22:44.000 --> 00:22:44.900 mind. And  
NOTE Confidence: 0.9747925

00:22:45.360 --> 00:22:46.500 this is a patient,  
NOTE Confidence: 1

00:22:48.145 --> 00:22:48.645 who  
NOTE Confidence: 0.9770508

00:22:49.545 --> 00:22:50.045 is

NOTE Confidence: 0.9885254  
00:22:51.105 --> 00:22:52.165 feels embarrassed  
NOTE Confidence: 0.9910156  
00:22:53.025 --> 00:22:55.445 and judges themselves very harshly  
NOTE Confidence: 0.977946  
00:22:56.705 --> 00:22:58.305 by comparing what they used  
NOTE Confidence: 0.977946  
00:22:58.305 --> 00:22:59.345 to do to what they  
NOTE Confidence: 0.977946  
00:22:59.345 --> 00:23:00.165 do now,  
NOTE Confidence: 0.99902344  
00:23:00.865 --> 00:23:01.365 and  
NOTE Confidence: 0.9996745  
00:23:02.160 --> 00:23:03.140 finds it hard  
NOTE Confidence: 0.999721  
00:23:04.560 --> 00:23:05.520 to be in front of  
NOTE Confidence: 0.999721  
00:23:05.520 --> 00:23:06.340 other people  
NOTE Confidence: 0.9872001  
00:23:06.720 --> 00:23:08.820 out of because of embarrassment  
NOTE Confidence: 0.9872001  
00:23:09.040 --> 00:23:09.700 and frustration.  
NOTE Confidence: 0.98332214  
00:23:11.680 --> 00:23:13.859 And there's help for that.  
NOTE Confidence: 0.98332214  
00:23:13.920 --> 00:23:15.280 There's help to learn how  
NOTE Confidence: 0.98332214  
00:23:15.280 --> 00:23:16.880 not to feel embarrassed and  
NOTE Confidence: 0.98332214  
00:23:16.880 --> 00:23:17.380 frustrated.  
NOTE Confidence: 0.9789734

00:23:19.175 --> 00:23:20.615 And, I mean, I felt  
NOTE Confidence: 0.9789734

00:23:20.615 --> 00:23:21.595 that way initially,  
NOTE Confidence: 0.99902344

00:23:22.375 --> 00:23:22.875 but  
NOTE Confidence: 0.94256186

00:23:23.255 --> 00:23:24.615 I came to understand what  
NOTE Confidence: 0.94256186

00:23:24.615 --> 00:23:25.494 kind of a life is  
NOTE Confidence: 0.94256186

00:23:25.494 --> 00:23:26.955 that. There's a better alternative,  
NOTE Confidence: 0.99902344

00:23:28.135 --> 00:23:28.635 and  
NOTE Confidence: 0.9834333

00:23:29.575 --> 00:23:30.695 that's the way I'm living  
NOTE Confidence: 0.9834333

00:23:30.695 --> 00:23:31.740 now. I think a much  
NOTE Confidence: 0.9834333

00:23:31.980 --> 00:23:34.000 better alternative. I'm not,  
NOTE Confidence: 0.9991862

00:23:34.460 --> 00:23:35.440 I'm not unhappy  
NOTE Confidence: 0.9996745

00:23:36.460 --> 00:23:37.520 with my diagnosis.  
NOTE Confidence: 0.9357213

00:23:38.140 --> 00:23:39.420 I mean, of course nobody  
NOTE Confidence: 0.9357213

00:23:39.420 --> 00:23:40.160 wants it,  
NOTE Confidence: 0.9984375

00:23:40.859 --> 00:23:42.640 but I don't dwell on  
NOTE Confidence: 0.99576825

00:23:43.340 --> 00:23:44.800 how serious and

NOTE Confidence: 0.9410156  
00:23:45.335 --> 00:23:46.875 unhappy a thing it is.  
NOTE Confidence: 0.95756835  
00:23:47.415 --> 00:23:49.035 Not at all. I'm accepting,  
NOTE Confidence: 0.9980469  
00:23:49.975 --> 00:23:50.475 and  
NOTE Confidence: 0.99504745  
00:23:51.095 --> 00:23:53.335 I can I'm comfortable with  
NOTE Confidence: 0.99504745  
00:23:53.335 --> 00:23:54.475 speaking openly  
NOTE Confidence: 0.9871419  
00:23:55.015 --> 00:23:55.994 in an effort  
NOTE Confidence: 0.97766113  
00:23:56.455 --> 00:23:58.215 to help others and also  
NOTE Confidence: 0.97766113  
00:23:58.215 --> 00:23:59.275 to help myself.  
NOTE Confidence: 0.9708388  
00:24:01.240 --> 00:24:03.159 So this maybe is related  
NOTE Confidence: 0.9708388  
00:24:03.159 --> 00:24:04.380 to my next question,  
NOTE Confidence: 0.99853516  
00:24:05.080 --> 00:24:05.720 which is,  
NOTE Confidence: 0.99853516  
00:24:06.119 --> 00:24:07.640 what gives you meaning and  
NOTE Confidence: 0.99853516  
00:24:07.640 --> 00:24:08.140 purpose  
NOTE Confidence: 0.993042  
00:24:08.600 --> 00:24:09.340 these days?  
NOTE Confidence: 0.94889325  
00:24:11.159 --> 00:24:12.460 Well, it's changed  
NOTE Confidence: 0.9121094

00:24:12.840 --> 00:24:13.340 tremendously.

NOTE Confidence: 0.9302476

00:24:15.385 --> 00:24:16.825 And I had just mentioned

NOTE Confidence: 0.9302476

00:24:16.825 --> 00:24:18.345 to you a patient that

NOTE Confidence: 0.9302476

00:24:18.345 --> 00:24:19.805 I know who is embarrassed

NOTE Confidence: 0.9302476

00:24:19.865 --> 00:24:20.605 and frustrated,

NOTE Confidence: 0.9932454

00:24:22.825 --> 00:24:24.665 was a professional before the

NOTE Confidence: 0.9932454

00:24:24.665 --> 00:24:25.165 diagnosis,

NOTE Confidence: 0.9859508

00:24:27.110 --> 00:24:28.390 as was I. And in

NOTE Confidence: 0.9859508

00:24:28.390 --> 00:24:31.430 practicing law, certain behaviors were

NOTE Confidence: 0.9859508

00:24:31.430 --> 00:24:31.930 assumed.

NOTE Confidence: 1

00:24:32.950 --> 00:24:34.170 Certain competency

NOTE Confidence: 0.9991862

00:24:34.470 --> 00:24:35.930 levels were assumed.

NOTE Confidence: 0.99902344

00:24:37.430 --> 00:24:37.930 So

NOTE Confidence: 0.92344266

00:24:39.765 --> 00:24:41.125 I didn't know. I I

NOTE Confidence: 0.92344266

00:24:41.125 --> 00:24:42.805 all I did know for

NOTE Confidence: 0.92344266

00:24:42.805 --> 00:24:44.165 years, I felt that something

NOTE Confidence: 0.92344266  
00:24:44.165 --> 00:24:45.465 was wrong with me,  
NOTE Confidence: 0.9538371  
00:24:46.484 --> 00:24:48.425 but I never even considered  
NOTE Confidence: 0.9538371  
00:24:48.725 --> 00:24:50.645 this. Nobody ever brought it  
NOTE Confidence: 0.9538371  
00:24:50.645 --> 00:24:51.385 up. And,  
NOTE Confidence: 0.9316406  
00:24:52.330 --> 00:24:53.550 I was so young.  
NOTE Confidence: 0.9944735  
00:24:54.090 --> 00:24:55.530 I just never considered this.  
NOTE Confidence: 0.9944735  
00:24:55.530 --> 00:24:56.750 I just knew it was  
NOTE Confidence: 0.9944735  
00:24:56.810 --> 00:24:57.310 something.  
NOTE Confidence: 0.99560547  
00:24:57.690 --> 00:24:58.190 And,  
NOTE Confidence: 0.98706055  
00:25:01.530 --> 00:25:02.650 what what was the initial  
NOTE Confidence: 0.98706055  
00:25:02.650 --> 00:25:03.150 question?  
NOTE Confidence: 0.9983724  
00:25:04.090 --> 00:25:05.530 What gives you meaning and  
NOTE Confidence: 0.9983724  
00:25:05.530 --> 00:25:06.030 purpose  
NOTE Confidence: 0.99902344  
00:25:06.514 --> 00:25:07.174 these days?  
NOTE Confidence: 0.8354492  
00:25:07.634 --> 00:25:08.695 So the ability  
NOTE Confidence: 0.99975586

00:25:10.595 --> 00:25:11.975 to let go of  
NOTE Confidence: 0.999442

00:25:12.994 --> 00:25:15.154 what my days used to  
NOTE Confidence: 0.999442

00:25:15.154 --> 00:25:15.815 be like  
NOTE Confidence: 0.88183594

00:25:16.355 --> 00:25:16.855 and  
NOTE Confidence: 1

00:25:17.875 --> 00:25:20.134 dismiss what I cannot do  
NOTE Confidence: 0.99773765

00:25:20.619 --> 00:25:22.140 and concentrate on what I  
NOTE Confidence: 0.99773765

00:25:22.140 --> 00:25:24.059 can do. So my day  
NOTE Confidence: 0.99773765

00:25:24.059 --> 00:25:25.840 to day life is drastically  
NOTE Confidence: 1

00:25:26.299 --> 00:25:26.799 different  
NOTE Confidence: 0.9447632

00:25:27.580 --> 00:25:28.720 from what it was,  
NOTE Confidence: 0.97957355

00:25:30.299 --> 00:25:31.520 not just beforehand,  
NOTE Confidence: 0.99902344

00:25:31.899 --> 00:25:32.399 but  
NOTE Confidence: 0.9952637

00:25:32.884 --> 00:25:34.744 because I I was explaining  
NOTE Confidence: 0.9952637

00:25:35.044 --> 00:25:36.904 beforehand that things were off.  
NOTE Confidence: 0.9980469

00:25:37.365 --> 00:25:37.865 And  
NOTE Confidence: 0.9925537

00:25:38.404 --> 00:25:39.705 once I was diagnosed,

NOTE Confidence: 0.9669364  
00:25:40.565 --> 00:25:41.764 you know, it came it  
NOTE Confidence: 0.9669364  
00:25:41.764 --> 00:25:43.784 came to light just how  
NOTE Confidence: 0.9669364  
00:25:43.924 --> 00:25:45.465 bad off I was,  
NOTE Confidence: 0.9998372  
00:25:46.039 --> 00:25:47.320 and the different types of  
NOTE Confidence: 0.9998372  
00:25:47.320 --> 00:25:47.820 mistakes  
NOTE Confidence: 0.9987793  
00:25:48.279 --> 00:25:49.659 that I made were  
NOTE Confidence: 0.99902344  
00:25:50.440 --> 00:25:50.940 tremendous  
NOTE Confidence: 0.96000975  
00:25:51.240 --> 00:25:53.020 mistakes, but I didn't know  
NOTE Confidence: 0.97281903  
00:25:53.720 --> 00:25:54.539 at the time  
NOTE Confidence: 0.9977214  
00:25:55.080 --> 00:25:56.619 that I was making tremendous  
NOTE Confidence: 0.9977214  
00:25:56.840 --> 00:25:58.539 mistakes in my life.  
NOTE Confidence: 0.9540473  
00:25:59.025 --> 00:26:00.545 But, so, the ability to  
NOTE Confidence: 0.9540473  
00:26:00.545 --> 00:26:02.085 dismiss all of that  
NOTE Confidence: 0.9538749  
00:26:03.505 --> 00:26:05.984 and look forward and find  
NOTE Confidence: 0.9538749  
00:26:05.984 --> 00:26:07.825 those things. Like, my life  
NOTE Confidence: 0.9538749

00:26:07.825 --> 00:26:09.285 is much simpler now,  
NOTE Confidence: 0.98986816

00:26:09.905 --> 00:26:11.285 but not in a negative  
NOTE Confidence: 0.98986816

00:26:11.345 --> 00:26:11.845 way.  
NOTE Confidence: 0.99401855

00:26:12.559 --> 00:26:14.020 So I have time  
NOTE Confidence: 1

00:26:14.400 --> 00:26:15.059 to do  
NOTE Confidence: 0.9909668

00:26:15.840 --> 00:26:17.359 little what I call little  
NOTE Confidence: 0.9909668

00:26:17.359 --> 00:26:17.859 things.  
NOTE Confidence: 0.9680481

00:26:18.400 --> 00:26:19.679 You know, I'm not writing  
NOTE Confidence: 0.9680481

00:26:19.679 --> 00:26:21.460 briefs anymore. I'm not arguing  
NOTE Confidence: 0.9680481

00:26:21.520 --> 00:26:22.640 in court anymore. So what  
NOTE Confidence: 0.9680481

00:26:22.640 --> 00:26:23.679 I guess I mean by  
NOTE Confidence: 0.9680481

00:26:23.679 --> 00:26:25.220 little is not insignificant,  
NOTE Confidence: 0.99986047

00:26:25.840 --> 00:26:27.284 but things that take up  
NOTE Confidence: 0.99986047

00:26:27.284 --> 00:26:28.184 less time  
NOTE Confidence: 0.97659737

00:26:28.885 --> 00:26:30.085 and don't use that much  
NOTE Confidence: 0.97659737

00:26:30.085 --> 00:26:30.984 brain energy,

NOTE Confidence: 0.9983724  
00:26:31.445 --> 00:26:32.585 maybe more repetitive  
NOTE Confidence: 0.92794365  
00:26:32.885 --> 00:26:34.725 things, like, I love to  
NOTE Confidence: 0.92794365  
00:26:34.725 --> 00:26:35.465 take pictures.  
NOTE Confidence: 0.9998372  
00:26:37.845 --> 00:26:38.825 I love gardening.  
NOTE Confidence: 1  
00:26:39.125 --> 00:26:40.744 I never did any gardening  
NOTE Confidence: 1  
00:26:40.885 --> 00:26:41.544 at all  
NOTE Confidence: 1  
00:26:42.350 --> 00:26:43.090 up until  
NOTE Confidence: 0.9859212  
00:26:43.869 --> 00:26:45.010 after my diagnosis.  
NOTE Confidence: 0.9904785  
00:26:47.790 --> 00:26:49.250 So I can enjoy  
NOTE Confidence: 0.9301758  
00:26:50.910 --> 00:26:51.890 I can enjoy,  
NOTE Confidence: 0.9770508  
00:26:52.350 --> 00:26:54.210 you know, the just  
NOTE Confidence: 0.9376492  
00:26:54.765 --> 00:26:56.445 looking at sa outside and  
NOTE Confidence: 0.9376492  
00:26:56.445 --> 00:26:58.205 seeing the leaves change or  
NOTE Confidence: 0.9376492  
00:26:58.205 --> 00:26:59.984 taking you know, being outdoors  
NOTE Confidence: 0.9376492  
00:27:00.125 --> 00:27:01.265 and just appreciating  
NOTE Confidence: 0.92285156

00:27:01.645 --> 00:27:02.145 that.  
NOTE Confidence: 0.98379177

00:27:02.525 --> 00:27:03.725 Whereas I always thought it  
NOTE Confidence: 0.98379177

00:27:03.725 --> 00:27:05.325 was beautiful before, but I  
NOTE Confidence: 0.98379177

00:27:05.325 --> 00:27:06.685 didn't spend so much time  
NOTE Confidence: 0.98379177

00:27:06.685 --> 00:27:07.740 thinking about it.  
NOTE Confidence: 0.98738605

00:27:08.300 --> 00:27:10.220 And that produces just happy  
NOTE Confidence: 0.98738605

00:27:10.220 --> 00:27:12.059 feelings for me. And that's  
NOTE Confidence: 0.98738605

00:27:12.059 --> 00:27:12.800 my goal  
NOTE Confidence: 0.97021484

00:27:13.340 --> 00:27:14.619 to be as happy as  
NOTE Confidence: 0.97021484

00:27:14.619 --> 00:27:15.980 possible. And there are many  
NOTE Confidence: 0.97021484

00:27:15.980 --> 00:27:17.900 ways to fill my awake  
NOTE Confidence: 0.97021484

00:27:17.900 --> 00:27:18.400 hours  
NOTE Confidence: 1

00:27:18.780 --> 00:27:19.920 with happy thoughts.  
NOTE Confidence: 0.99625653

00:27:22.955 --> 00:27:24.555 So is there anything else  
NOTE Confidence: 0.99625653

00:27:24.555 --> 00:27:25.055 you  
NOTE Confidence: 0.9646345

00:27:25.595 --> 00:27:26.715 would have liked to have

NOTE Confidence: 0.9646345  
00:27:26.715 --> 00:27:28.075 shared that you didn't get  
NOTE Confidence: 0.9646345  
00:27:28.075 --> 00:27:29.455 a chance to say?  
NOTE Confidence: 0.8279622  
00:27:30.315 --> 00:27:31.295 Once a diagnosis  
NOTE Confidence: 0.9980469  
00:27:31.595 --> 00:27:32.415 is received,  
NOTE Confidence: 0.98291016  
00:27:33.275 --> 00:27:33.775 how  
NOTE Confidence: 0.9781494  
00:27:37.570 --> 00:27:38.450 how that,  
NOTE Confidence: 0.9922147  
00:27:39.090 --> 00:27:41.010 whether it's, whether it's the  
NOTE Confidence: 0.9922147  
00:27:41.010 --> 00:27:41.510 patient  
NOTE Confidence: 0.9404297  
00:27:42.369 --> 00:27:42.869 or  
NOTE Confidence: 0.9995117  
00:27:43.570 --> 00:27:44.710 somebody that  
NOTE Confidence: 0.99731445  
00:27:45.650 --> 00:27:46.470 they've immediately  
NOTE Confidence: 1  
00:27:46.770 --> 00:27:47.270 identified  
NOTE Confidence: 0.96500653  
00:27:47.810 --> 00:27:49.755 as a primary caretaker,  
NOTE Confidence: 0.9723578  
00:27:50.135 --> 00:27:51.675 if somebody has a primary  
NOTE Confidence: 0.9723578  
00:27:51.734 --> 00:27:52.234 caretaker.  
NOTE Confidence: 0.97314453

00:27:53.255 --> 00:27:54.395 It's real important  
NOTE Confidence: 0.9934082

00:27:55.095 --> 00:27:56.875 to get the proper message,  
NOTE Confidence: 1

00:27:58.935 --> 00:27:59.435 to  
NOTE Confidence: 0.96223956

00:27:59.815 --> 00:28:01.335 people that they're gonna be  
NOTE Confidence: 0.96223956

00:28:01.335 --> 00:28:03.115 telling about it immediately.  
NOTE Confidence: 0.99902344

00:28:04.260 --> 00:28:04.760 And  
NOTE Confidence: 0.89105225

00:28:05.380 --> 00:28:06.440 I can tell you,  
NOTE Confidence: 0.962972

00:28:06.980 --> 00:28:08.020 I did part of that  
NOTE Confidence: 0.962972

00:28:08.020 --> 00:28:08.520 personally.  
NOTE Confidence: 0.8494466

00:28:09.619 --> 00:28:10.680 And in retrospect,  
NOTE Confidence: 0.9995931

00:28:11.060 --> 00:28:12.020 I did not do it  
NOTE Confidence: 0.9995931

00:28:12.020 --> 00:28:12.520 well.  
NOTE Confidence: 0.99902344

00:28:13.220 --> 00:28:13.960 I had  
NOTE Confidence: 0.91813153

00:28:14.500 --> 00:28:15.640 because I presented  
NOTE Confidence: 0.99121094

00:28:15.940 --> 00:28:16.260 as  
NOTE Confidence: 0.95947266

00:28:17.385 --> 00:28:18.425 I was still in my

NOTE Confidence: 0.95947266  
00:28:18.425 --> 00:28:19.725 hysterical stage,  
NOTE Confidence: 0.99658203  
00:28:20.585 --> 00:28:22.525 and I don't know how  
NOTE Confidence: 1  
00:28:22.984 --> 00:28:23.484 factual  
NOTE Confidence: 0.96535647  
00:28:24.345 --> 00:28:25.785 I was. I think I  
NOTE Confidence: 0.96535647  
00:28:25.785 --> 00:28:28.285 was The overriding emotion was,  
NOTE Confidence: 0.96655273  
00:28:29.225 --> 00:28:30.285 I was hysterical.  
NOTE Confidence: 0.94230145  
00:28:30.665 --> 00:28:31.725 I was scared,  
NOTE Confidence: 1  
00:28:32.740 --> 00:28:33.240 and  
NOTE Confidence: 0.9802595  
00:28:33.619 --> 00:28:35.059 I didn't explain it very  
NOTE Confidence: 0.9802595  
00:28:35.059 --> 00:28:35.960 well. So,  
NOTE Confidence: 0.91593426  
00:28:36.419 --> 00:28:37.539 I think that from the  
NOTE Confidence: 0.91593426  
00:28:37.539 --> 00:28:38.039 beginning,  
NOTE Confidence: 0.9836204  
00:28:39.220 --> 00:28:40.340 whether you go to a  
NOTE Confidence: 0.9836204  
00:28:40.340 --> 00:28:42.500 doctor alone or with somebody  
NOTE Confidence: 0.9836204  
00:28:42.500 --> 00:28:43.000 else,  
NOTE Confidence: 0.9960124

00:28:43.620 --> 00:28:44.760 that it's critical  
NOTE Confidence: 1

00:28:45.299 --> 00:28:46.120 to have  
NOTE Confidence: 0.9346517

00:28:46.705 --> 00:28:48.225 somebody else or more than  
NOTE Confidence: 0.9346517

00:28:48.225 --> 00:28:48.725 one.  
NOTE Confidence: 0.89501953

00:28:49.105 --> 00:28:50.245 Clearly understand  
NOTE Confidence: 0.9941406

00:28:50.545 --> 00:28:52.085 from the doctor  
NOTE Confidence: 0.54052734

00:28:53.345 --> 00:28:53.845 who  
NOTE Confidence: 0.8186188

00:28:54.225 --> 00:28:56.385 is of much, hopefully, of  
NOTE Confidence: 0.8186188

00:28:56.385 --> 00:28:57.765 much sounder mind,  
NOTE Confidence: 0.9995117

00:28:58.679 --> 00:28:59.820 to explain  
NOTE Confidence: 0.99553573

00:29:00.919 --> 00:29:02.679 what's going on and what  
NOTE Confidence: 0.99553573

00:29:02.679 --> 00:29:03.500 to anticipate  
NOTE Confidence: 0.99243164

00:29:04.600 --> 00:29:05.639 to those in your life  
NOTE Confidence: 0.99243164

00:29:05.639 --> 00:29:06.860 who really need,  
NOTE Confidence: 0.9995117

00:29:09.720 --> 00:29:10.539 an explanation  
NOTE Confidence: 0.99902344

00:29:11.159 --> 00:29:12.059 to help

NOTE Confidence: 0.9868164  
00:29:12.495 --> 00:29:13.715 somebody like me  
NOTE Confidence: 0.83951825  
00:29:14.175 --> 00:29:15.315 and to understand  
NOTE Confidence: 0.9900716  
00:29:16.415 --> 00:29:17.635 what's going on.  
NOTE Confidence: 0.94732666  
00:29:18.655 --> 00:29:20.415 And I think that gets  
NOTE Confidence: 0.94732666  
00:29:20.415 --> 00:29:21.635 you off to  
NOTE Confidence: 0.92348903  
00:29:22.895 --> 00:29:24.175 a much better, you know,  
NOTE Confidence: 0.92348903  
00:29:24.175 --> 00:29:25.875 a good solid start,  
NOTE Confidence: 0.9951172  
00:29:26.735 --> 00:29:27.955 and that  
NOTE Confidence: 0.98917645  
00:29:28.710 --> 00:29:30.390 you you have to learn  
NOTE Confidence: 0.98917645  
00:29:30.390 --> 00:29:30.890 ways  
NOTE Confidence: 0.9995117  
00:29:31.510 --> 00:29:33.290 to let go of  
NOTE Confidence: 0.9267578  
00:29:34.630 --> 00:29:35.610 all the different  
NOTE Confidence: 0.9641113  
00:29:36.230 --> 00:29:37.929 skill sets you were  
NOTE Confidence: 1  
00:29:39.190 --> 00:29:39.690 practicing  
NOTE Confidence: 0.9980469  
00:29:41.110 --> 00:29:41.610 beforehand  
NOTE Confidence: 0.9994141

00:29:42.465 --> 00:29:44.245 that just don't work anymore

NOTE Confidence: 0.8965115

00:29:45.105 --> 00:29:47.184 and realize that you're not,

NOTE Confidence: 0.8965115

00:29:47.184 --> 00:29:48.485 you're the same person.

NOTE Confidence: 0.9995117

00:29:49.025 --> 00:29:50.325 I'm the same person.

NOTE Confidence: 0.9615723

00:29:50.945 --> 00:29:52.565 I, I have not lost

NOTE Confidence: 0.9995117

00:29:53.105 --> 00:29:54.085 who I am.

NOTE Confidence: 0.9916992

00:29:54.465 --> 00:29:55.745 I have not lost,

NOTE Confidence: 0.9987793

00:29:58.140 --> 00:29:59.440 what makes me tick.

NOTE Confidence: 0.9804118

00:30:01.180 --> 00:30:03.100 I have not lost like,

NOTE Confidence: 0.9804118

00:30:03.100 --> 00:30:04.640 I was talking about socializing.

NOTE Confidence: 1

00:30:05.580 --> 00:30:06.800 I have not lost

NOTE Confidence: 1

00:30:07.580 --> 00:30:09.420 my desire to do the

NOTE Confidence: 1

00:30:09.420 --> 00:30:09.920 things

NOTE Confidence: 0.9642334

00:30:10.235 --> 00:30:12.015 I've always enjoyed doing.

NOTE Confidence: 0.9913737

00:30:12.395 --> 00:30:12.795 It's,

NOTE Confidence: 0.9818929

00:30:13.275 --> 00:30:14.575 the list is tapered,

NOTE Confidence: 0.96179473

00:30:15.835 --> 00:30:18.475 but I've accepted that. And

NOTE Confidence: 0.96179473

00:30:18.475 --> 00:30:20.475 so not getting upset at

NOTE Confidence: 0.96179473

00:30:20.475 --> 00:30:22.575 each thing that goes awry,

NOTE Confidence: 1

00:30:23.195 --> 00:30:24.895 I avoid those things

NOTE Confidence: 0.98922527

00:30:25.800 --> 00:30:27.000 as much as possible. You

NOTE Confidence: 0.98922527

00:30:27.000 --> 00:30:28.040 know, we don't nobody has

NOTE Confidence: 0.98922527

00:30:28.040 --> 00:30:30.140 complete control over their lives.

NOTE Confidence: 0.9753418

00:30:30.520 --> 00:30:31.660 So, when possible,

NOTE Confidence: 0.948877

00:30:32.040 --> 00:30:33.480 I try to avoid those

NOTE Confidence: 0.948877

00:30:33.480 --> 00:30:35.020 things. And if not possible,

NOTE Confidence: 0.99747723

00:30:35.960 --> 00:30:37.420 I learn how to quickly

NOTE Confidence: 0.99747723

00:30:37.640 --> 00:30:38.140 divert.

NOTE Confidence: 0.9968872

00:30:40.125 --> 00:30:41.965 And, at this point, I

NOTE Confidence: 0.9968872

00:30:41.965 --> 00:30:43.185 would say that

NOTE Confidence: 0.9637451

00:30:45.405 --> 00:30:47.485 and, for example, speaking about

NOTE Confidence: 0.9637451

00:30:47.485 --> 00:30:49.085 this is really important to  
NOTE Confidence: 0.9637451

00:30:49.085 --> 00:30:49.905 me also.  
NOTE Confidence: 0.98828125

00:30:50.765 --> 00:30:51.265 And  
NOTE Confidence: 0.96547157

00:30:51.670 --> 00:30:53.590 I was, I was a  
NOTE Confidence: 0.96547157

00:30:53.590 --> 00:30:55.690 type of public speaker beforehand,  
NOTE Confidence: 0.96547157

00:30:55.990 --> 00:30:57.530 so that's another innate  
NOTE Confidence: 0.9680379

00:30:58.550 --> 00:30:59.590 part of me, and the  
NOTE Confidence: 0.9680379

00:30:59.590 --> 00:31:01.430 desire to do that hasn't  
NOTE Confidence: 0.9680379

00:31:01.430 --> 00:31:02.490 changed. And  
NOTE Confidence: 0.9844796

00:31:03.190 --> 00:31:04.630 I couldn't do what I  
NOTE Confidence: 0.9844796

00:31:04.630 --> 00:31:05.450 did before,  
NOTE Confidence: 0.99934894

00:31:06.125 --> 00:31:07.025 but this goes  
NOTE Confidence: 0.9255778

00:31:07.805 --> 00:31:08.845 to, like, I I was  
NOTE Confidence: 0.9255778

00:31:08.845 --> 00:31:10.225 explaining how my emotions,  
NOTE Confidence: 0.9420573

00:31:11.485 --> 00:31:12.785 I think, are  
NOTE Confidence: 0.8468262

00:31:13.965 --> 00:31:15.905 in you know, are are

NOTE Confidence: 0.9716797  
00:31:17.085 --> 00:31:17.585 basically  
NOTE Confidence: 0.91503906  
00:31:17.965 --> 00:31:18.465 similar.  
NOTE Confidence: 0.98898315  
00:31:19.700 --> 00:31:21.140 The feelings I get, you  
NOTE Confidence: 0.98898315  
00:31:21.140 --> 00:31:22.200 know, are similar.  
NOTE Confidence: 0.9975586  
00:31:23.140 --> 00:31:23.380 But,  
NOTE Confidence: 0.9970703  
00:31:24.020 --> 00:31:24.520 so  
NOTE Confidence: 0.97569054  
00:31:25.300 --> 00:31:27.460 a good example from before  
NOTE Confidence: 0.97569054  
00:31:27.460 --> 00:31:29.140 to after is that the  
NOTE Confidence: 0.97569054  
00:31:29.140 --> 00:31:31.160 basic idea of speaking,  
NOTE Confidence: 0.9992676  
00:31:32.585 --> 00:31:33.945 I mean, I've been doing  
NOTE Confidence: 0.9992676  
00:31:33.945 --> 00:31:35.805 that since I'm a child  
NOTE Confidence: 0.88012695  
00:31:36.585 --> 00:31:37.245 and then  
NOTE Confidence: 0.95621747  
00:31:37.945 --> 00:31:39.565 as a career,  
NOTE Confidence: 0.96229386  
00:31:40.585 --> 00:31:42.345 and now I do it  
NOTE Confidence: 0.96229386  
00:31:42.345 --> 00:31:43.645 in a different forum.  
NOTE Confidence: 0.9970703

00:31:44.505 --> 00:31:45.005 And  
NOTE Confidence: 1

00:31:46.310 --> 00:31:47.050 other than  
NOTE Confidence: 0.9920044

00:31:47.830 --> 00:31:49.830 raising my daughter, like, in  
NOTE Confidence: 0.9920044

00:31:49.830 --> 00:31:50.890 terms of communication,  
NOTE Confidence: 0.9995117

00:31:51.990 --> 00:31:53.050 this communication  
NOTE Confidence: 0.97935265

00:31:53.510 --> 00:31:55.270 right now about what I'm  
NOTE Confidence: 0.97935265

00:31:55.270 --> 00:31:56.090 going through  
NOTE Confidence: 0.9774577

00:31:56.550 --> 00:31:57.910 and what may help other  
NOTE Confidence: 0.9774577

00:31:57.910 --> 00:31:58.410 people  
NOTE Confidence: 0.97021484

00:31:59.030 --> 00:32:00.170 and what may help,  
NOTE Confidence: 0.9996745

00:32:01.110 --> 00:32:02.625 you know, family  
NOTE Confidence: 0.8803711

00:32:03.965 --> 00:32:04.705 and or  
NOTE Confidence: 1

00:32:05.005 --> 00:32:05.505 caretakers  
NOTE Confidence: 0.9421387

00:32:05.965 --> 00:32:07.085 that are may not be  
NOTE Confidence: 0.9421387

00:32:07.085 --> 00:32:07.585 family,  
NOTE Confidence: 0.8649292

00:32:08.684 --> 00:32:09.505 to understand.

NOTE Confidence: 0.960083

00:32:09.885 --> 00:32:11.645 This is my, I'd say,

NOTE Confidence: 0.960083

00:32:11.645 --> 00:32:13.184 second most important

NOTE Confidence: 0.97173667

00:32:14.940 --> 00:32:16.940 communicating that I've done in

NOTE Confidence: 0.97173667

00:32:16.940 --> 00:32:18.780 my life, because I don't

NOTE Confidence: 0.97173667

00:32:18.780 --> 00:32:20.780 think that people would ever

NOTE Confidence: 0.97173667

00:32:20.780 --> 00:32:22.940 understand. I haven't explained everything

NOTE Confidence: 0.97173667

00:32:22.940 --> 00:32:24.220 obviously, but I don't think

NOTE Confidence: 0.97173667

00:32:24.220 --> 00:32:25.600 that they would ever understand

NOTE Confidence: 0.9995117

00:32:26.700 --> 00:32:28.320 what was going on

NOTE Confidence: 0.97988284

00:32:29.645 --> 00:32:31.085 in my life without me

NOTE Confidence: 0.97988284

00:32:31.085 --> 00:32:32.625 talking about it a little.

NOTE Confidence: 0.96336603

00:32:34.205 --> 00:32:35.645 Yeah. Yeah. Thank you so

NOTE Confidence: 0.96336603

00:32:35.645 --> 00:32:37.645 much, Linda. It's truly a

NOTE Confidence: 0.96336603

00:32:37.645 --> 00:32:39.005 gift to be able to

NOTE Confidence: 0.96336603

00:32:39.005 --> 00:32:40.465 hear you talk about

NOTE Confidence: 0.97627395

00:32:40.845 --> 00:32:42.605 your experience. And I think  
NOTE Confidence: 0.97627395

00:32:42.605 --> 00:32:44.590 it's so important for changing  
NOTE Confidence: 0.97627395

00:32:44.650 --> 00:32:45.150 people's  
NOTE Confidence: 0.9919782

00:32:46.010 --> 00:32:47.770 ideas of of what it  
NOTE Confidence: 0.9919782

00:32:47.770 --> 00:32:48.590 looks like,  
NOTE Confidence: 1

00:32:49.210 --> 00:32:50.350 to have dementia  
NOTE Confidence: 0.88134766

00:32:51.050 --> 00:32:51.550 and  
NOTE Confidence: 0.9904785

00:32:51.930 --> 00:32:53.550 what it could be like,  
NOTE Confidence: 0.9981011

00:32:54.010 --> 00:32:55.210 you know, if we didn't  
NOTE Confidence: 0.9981011

00:32:55.210 --> 00:32:56.670 keep on thinking those  
NOTE Confidence: 0.99161047

00:32:57.235 --> 00:32:58.914 stereotypes we've had for a  
NOTE Confidence: 0.99161047

00:32:58.914 --> 00:33:00.755 long time. And so we're  
NOTE Confidence: 0.99161047

00:33:00.755 --> 00:33:01.255 truly  
NOTE Confidence: 1

00:33:01.955 --> 00:33:02.455 honored  
NOTE Confidence: 0.97176105

00:33:02.755 --> 00:33:04.115 to have you talk to  
NOTE Confidence: 0.97176105

00:33:04.115 --> 00:33:05.895 us about this. And,

NOTE Confidence: 0.995548  
00:33:06.755 --> 00:33:07.875 I know I'll be seeing  
NOTE Confidence: 0.995548  
00:33:07.875 --> 00:33:09.154 you again in some of  
NOTE Confidence: 0.995548  
00:33:09.154 --> 00:33:10.660 our work that we'll be  
NOTE Confidence: 0.995548  
00:33:10.660 --> 00:33:11.560 doing together,  
NOTE Confidence: 0.99902344  
00:33:12.740 --> 00:33:13.240 to  
NOTE Confidence: 0.9868164  
00:33:13.620 --> 00:33:15.300 further improve, you know, the  
NOTE Confidence: 0.9868164  
00:33:15.300 --> 00:33:16.760 lives of of everybody.  
NOTE Confidence: 0.9789429  
00:33:17.620 --> 00:33:19.000 If I may Yeah.  
NOTE Confidence: 0.93300784  
00:33:20.340 --> 00:33:22.040 I I don't feel morbid.  
NOTE Confidence: 0.96995324  
00:33:22.340 --> 00:33:23.460 I don't feel it's morbid  
NOTE Confidence: 0.96995324  
00:33:23.460 --> 00:33:24.914 for me to discuss, like,  
NOTE Confidence: 0.96995324  
00:33:24.914 --> 00:33:26.375 the future at all.  
NOTE Confidence: 0.9390536  
00:33:26.835 --> 00:33:28.195 And so And, I don't  
NOTE Confidence: 0.9390536  
00:33:28.195 --> 00:33:30.215 want anybody to feel like,  
NOTE Confidence: 0.9390536  
00:33:30.514 --> 00:33:31.794 how could she be talking  
NOTE Confidence: 0.9390536

00:33:31.794 --> 00:33:32.914 about this when I say  
NOTE Confidence: 0.9390536

00:33:32.914 --> 00:33:33.575 the following.  
NOTE Confidence: 0.9961751

00:33:34.195 --> 00:33:35.575 There's an end  
NOTE Confidence: 1

00:33:37.990 --> 00:33:38.970 to this progressive  
NOTE Confidence: 0.7590332

00:33:39.270 --> 00:33:39.770 disease,  
NOTE Confidence: 0.8773804

00:33:40.630 --> 00:33:42.650 and there's no nothing  
NOTE Confidence: 0.97721356

00:33:43.430 --> 00:33:44.950 there's no way to cure  
NOTE Confidence: 0.97721356

00:33:44.950 --> 00:33:46.170 it at this point.  
NOTE Confidence: 0.95581055

00:33:47.190 --> 00:33:47.690 So,  
NOTE Confidence: 0.8424072

00:33:48.470 --> 00:33:50.250 someday, this this video,  
NOTE Confidence: 0.9403076

00:33:50.550 --> 00:33:52.394 for example, will always be  
NOTE Confidence: 0.9403076

00:33:52.394 --> 00:33:54.255 there in days way up  
NOTE Confidence: 0.9403076

00:33:54.475 --> 00:33:55.674 when I may not be  
NOTE Confidence: 0.9403076

00:33:55.674 --> 00:33:56.174 there.  
NOTE Confidence: 0.9959961

00:33:57.115 --> 00:33:58.554 So, I just want to  
NOTE Confidence: 0.9959961

00:33:58.554 --> 00:34:00.174 be sure to shout out

NOTE Confidence: 0.98886716  
00:34:00.475 --> 00:34:01.695 to all of the people,  
NOTE Confidence: 0.9956752  
00:34:04.350 --> 00:34:05.549 who I love and who  
NOTE Confidence: 0.9956752  
00:34:05.549 --> 00:34:06.290 love me  
NOTE Confidence: 0.95086116  
00:34:06.750 --> 00:34:08.030 and who are part of  
NOTE Confidence: 0.95086116  
00:34:08.030 --> 00:34:09.550 this journey with me to  
NOTE Confidence: 0.95086116  
00:34:09.550 --> 00:34:10.050 remember  
NOTE Confidence: 0.9633789  
00:34:10.590 --> 00:34:11.950 I couldn't do it without  
NOTE Confidence: 0.9633789  
00:34:11.950 --> 00:34:13.570 them. I love my family.  
NOTE Confidence: 0.9633789  
00:34:13.630 --> 00:34:14.850 I love my friends.  
NOTE Confidence: 0.7873535  
00:34:15.550 --> 00:34:16.369 I love,  
NOTE Confidence: 0.9995561  
00:34:17.495 --> 00:34:18.614 I love people that are  
NOTE Confidence: 0.9995561  
00:34:18.614 --> 00:34:20.855 pitching in to help make  
NOTE Confidence: 0.9995561  
00:34:20.855 --> 00:34:21.355 this  
NOTE Confidence: 0.97420245  
00:34:21.655 --> 00:34:23.575 as positive a journey as  
NOTE Confidence: 0.97420245  
00:34:23.575 --> 00:34:24.075 possible,  
NOTE Confidence: 0.99487305

00:34:24.614 --> 00:34:26.235 and it can be positive,  
NOTE Confidence: 0.99487305  
00:34:26.375 --> 00:34:27.515 believe it or not.  
NOTE Confidence: 0.9994141  
00:34:29.430 --> 00:34:31.050 Thank you so much, Linda.  
NOTE Confidence: 0.9994141  
00:34:31.670 --> 00:34:33.130 This was so nice to  
NOTE Confidence: 0.9926758  
00:34:33.510 --> 00:34:34.410 talk with you,  
NOTE Confidence: 0.8359375  
00:34:35.030 --> 00:34:35.530 again.  
NOTE Confidence: 0.93847656  
00:34:36.630 --> 00:34:37.609 And so  
NOTE Confidence: 0.9956787  
00:34:38.070 --> 00:34:39.270 have a great day, and  
NOTE Confidence: 0.9956787  
00:34:39.270 --> 00:34:40.730 I'll see you again soon.  
NOTE Confidence: 0.99654716  
00:34:41.619 --> 00:34:43.379 Thanks so much, Joan. Take  
NOTE Confidence: 0.99654716  
00:34:43.379 --> 00:34:44.579 care. Bye bye. Talk to  
NOTE Confidence: 0.99654716  
00:34:44.579 --> 00:34:45.799 you soon. Bye bye.