

THE MOST AWKWARD MOMENTS OF LIVING WITH PARKINSON'S

You're not alone. ❤️

- Getting stuck in a doorway
- Choking in a restaurant
- Drooling during a conversation
- Someone asking, "Are you okay?"
- People assuming I'm angry because I don't smile much
- Forgetting someone's name while talking to them
- Losing my train of thought mid-sentence
- Asking people to repeat themselves again
- Speaking so softly nobody can hear me
- Taking forever to get out of a chair
- Struggling to get out of a car
- Knocking things over accidentally
- Dropping things unexpectedly
- Food falling off my fork
- Needing a bathroom immediately
- Freezing in the middle of a crowded place
- Falling in public
- Taking twice as long to get dressed
- Trouble signing my name
- Having to explain Parkinson's over and over
- Walking into a room and forgetting why
- People thinking I'm drunk when I'm not
- Taking a nap while everyone else is having fun
- BONUS!** Forgetting what I was about to say

WHICH ONE MAKES YOU SAY... "I HATE WHEN THAT HAPPENS"?

→ Share your experience. You might help someone else feel less alone. ❤️