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Intro to Communication Disorders 100

29 October 2022

Writing Assignment #3

When I started watching this video, I was intrigued by how Jill Bolte Taylor explained going through the stroke and how she said she found that she could not understand words or speak, or even read. I saw this as like what happened to my aunt when she had a stroke and how she still cannot say all the words she wants to. This video also gave me hope for how well my aunt will be able to recover. Another thing that was in my initial reaction was the way she described going through the stroke. To me it was fascinating, how she found that she kept flipping between the two sides of her brain. I found myself wondering how she could be experiencing this and not feeling like there was something wrong.

The speaker Jill Bolte Taylor had a blood vessel explode in the left side of her brain. She had a brain hemorrhage. As this was happening, Taylor describes it as seeing herself from an outside perspective like she is observing herself. As her left hemisphere was shutting down, she said she was sent to “Lala land” where she could feel at one with everything. When the left hemisphere was coming back online, she had the ability to worry, and think about all the emotional baggage.

She describes the brain as two minds connected and communicating, but they also have different personalities. Right hemisphere is described as the logical mind and the right hemisphere is at once with everything around and found at peace from everything else, just running with the flow of the energy. Whenever her right hemisphere was in control, she was very spiritual and emotional, with a very peaceful and accepting way of life. This contrasts with the left side of the brain that was telling her that she did not have time to have a stroke and she still needed to get to work.

There are times where I feel like I am more connected to the left side of my brain, like right now writing an essay I need to be very in tune to what the assignment is asking and I need to control myself and concentrate on typing, grammar, and all these things that I need to write for an essay to flow and read correctly. I find myself more in the right side of my brain when I am out partying or hanging out with friends, when I can let go of all the things bothering me and stop worrying. I have found that I have become particularly good at keeping peace of mind and because of this video I believe that it is due to my right side of my brain. It would be especially useful to be able to consciously control which side of the brain is in charge, but I do not think I have that ability. I can somewhat influence which side I use more, and I think this is the same as people describing themselves as in the zone or in vacation mode. I do also believe that sometimes one side of my brain gets exhausted, and I need the other side to come in and help, especially the left side. The side of the brain that I think I use the most is the left side, which probably contributes to the things I like and how I approach problems. There are still times when I cannot do it anymore and let my right side take over. My understanding is that a healthy mind takes advantage of both sides of the brain effectively and have them both work together.