

Extra Credit

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This speaker really amazed me. It was really neat how she turned her whole life into songs. She holds her head up high even though she is faced with a mental illness. I thought that was really neat. It was crazy how she all the sudden decided to go to Los Angeles with only a backpack and twenty dollars. I thought she was a really good speaker and singer and I'm sure she inspires a ton of people. It is neat that she is willing to share her story with all these people and be happy and excited about it everytime. I don't think she hardly ever stopped smiling while she was on stage. I like how she said she tried things on her own to try to help her illness. I like how she used the shopping bags as an example of everything she used to "carry" with her. She was a very good speaker!

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That performance was awesome. I didn't know what to expect but I didn't expect this. She is the most motivating person I have heard speak. I don't think I have a mental illness but I could relate to so much of what she said. This also hit me and a point in my life that I feel I'm suffocating and listening to her made me realize to take a look at myself and let go. I am very glad I came tonight not just for extra credit but for <sup>the</sup> my personal benefit I'm taking home with me.

WAMBUI BAHATI

(25)

10/6/04

My reaction to this show was completely unexpected (wow).

When she read her Social Security Claim in the very beginning I couldn't believe that report belonged to her. How could a woman with Bi Polar syndrome stand on stage in front of us, and be a successful actress without the disease being in the way.

She is an amazing person to be able to take control over the disease and be such a motivation to her audience. I saw people stand up and clap & sing with her.

So observing her I could see she was a real person telling her story, the way she would forget or lose her train of thought. She had such emotion in her performance you could see this was a personal story.

I enjoyed her show and story and know a few people whom I wish I could have shared this tonight.

## Wambui Bahiti

I went and saw this woman in "Balancing Act" last year. When I went this year I ~~was~~ was in the mind frame that it would be the same type of information. I was wrong, I thought that I knew more about her mental illness than I did. Her being ~~the~~ bipolar affects her everyday, not just every once in a while. She ~~needs~~<sup>use</sup> to take a lot of pills, and then she ~~take~~ more pills to offset the affects of those pills. That just was a realization to me, many people with mental illnesses cannot be helped by the same types of things that help other people. When she compared the people to a computer with the recovery discs, that helped me to understand more clearly how different people require different things. This was very inspirational. I also went with a friend who's mother is bipolar, and what he said to me was that he has been with his mom all his life and he still learned something from, This about this mental disorder.



Wambui Bahati

Mental Illness

This woman was unaware that she had mental illness. When she did become aware, her life was turned upside down. Her conflict with the mental illness caused a hardship with her and her family, in such a way that she became an embarrassment. Wambui lost everything from possessions, to her children, husband, and job.

Finally she was able to save herself by listening to inspirational tapes and changing her life from negative to positive. Her name was changed to reflect her new life. I wish her luck and best wishes.

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Reaction to what happen during the show.

I was very impressed by the show that Wambui put on. I thought it was very moving and made you think about how you treat people. I like her stories she told such as the one moving to California from New York. At first I thought she wanted to move but when she got out there and had only \$20.00 and stayed for 4 months and didn't remember herself, family, or where she came from that was very scary. I couldn't imagine moving out of Michigan but to California. Also when she talk about her family her dad working at the post office and mother was a house cleaner growing up with 2 brothers. Going to visit there grandma and grandpa during the summer. It reminded me of when we used to go and visit our grandparents.

Also another story of when she talked the hospital in to letting her go out and get a job and come back to the hospital we she was doing just great. You don't hear about that much. Another thing that was surprising was she has had 10 admissions they know of and by watching the show tonight I could have never guess that she has had any mental illnesses.

From this show I realized how special each and every person is. No matter how different a person is they have something in common with you and you need to respect them and try and help them if they need it.

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Phy.

Basically she was saying just how confused & difficult it was for her to comprehend life in general. She didn't understand where her thoughts & ideas were coming from but she did them. Her thoughts & actions lead her to a tough life. She lost everything she once had because of this disease, including her two children. She was confused & frustrated & wanted to give up all hope & end her life. Then one day she decided to change by loving herself.