

Alison Self

Rider

Changing Gears UK 2005

"The emotions have been so free flowing this week, it's left me tired out...but incredibly empowered and strong.

I have cried so much....and been awe struck so many times....and realized how important it is for me to be with breast cancer survivors.

Before my involvement with Changing Gears I was afraid to call myself a survivor....just in case I'm not.

But now I realize that the fact I experience and live in the present, in the 'now', makes me a survivor.

I have Meredith and Megan and all the other participants to thank for that. And I truly can't thank them enough.

I feel like I can get my life in gear, even though it felt so confused and messy before my involvement with this.

I feel like I really will be able to change gear – and embrace the rest of whatever comes my way....

I'm looking at all the women round the table now...all talking and laughing, and realize that life really is for grabbing and shaking.

And I'm sure we all 16 of us realize that much more now. What a week! What an experience! What a life!"

