

THE MIGRAINE RELIEF SERIES · ANGER, GRIEF & LETTING GO
Book 52 of 58

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The Body That Interrupts Your Plans

*On the frustration of accepting limits you never
chose*

ROD GABRIEL ZR

Author of Living with Visual Aura Migraine



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The Body That Interrupts Your Plans

*On the frustration of accepting limits you never
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Designed with spacious type, warm colors, and generous white space for visual comfort — especially for readers navigating aura, light sensitivity, or neurological strain.

A note on care. This mini-book shares one person's lived experience and general wellness practices. It is not medical advice, and it is not a substitute for diagnosis or treatment by a qualified healthcare professional. Migraine has many forms and causes. Always consult your doctor about your symptoms, your triggers, and any medication or treatment decisions.

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BEFORE WE BEGIN

A letter to you

How much of our suffering comes from the event itself, and how much comes from our fight against the fact that it doesn't match what we expected?

This one is specific and close to home: an episode arrives and wrecks an agenda, an outing, a piece of work, a long-awaited moment. This book sits directly with that frustration — not to talk you out of it, but to understand what's actually underneath it.

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The experience: the plan the body didn't sign

You make the plan. Your calendar makes the plan.
Your body was never actually consulted. And so, with
a certain regularity, it interrupts — not out of malice,
but because it was never actually a party to the
agreement in the first place.

The automatic thought: 'not now, not again'

The thought arrives fast and furious: *not now, not again, why does this always happen at the worst possible time?* It feels like the body is choosing bad timing on purpose. It rarely is. Migraine doesn't consult a calendar. It follows its own triggers, indifferent to what the day meant to you.

The migraine was never trying to ruin the day. It doesn't know the day had meaning. That indifference is hard, and it isn't personal.

The emotion and the reaction

Frustration here often curdles into something close to betrayal — as though the body owed you today specifically. The reaction ranges from quiet withdrawal to outright anger at the body itself, treated briefly as an adversary rather than simply a body, doing what migraine-prone bodies sometimes do.

The chain of interruption

□ The interruption chain

Experience: an episode arrives during something that mattered.

↓ Automatic thought: *'not now, not again, this always happens.'*

↓ Emotion: betrayal, frustration, anger at the body itself.

↓ Reaction: withdrawal, harsh self-talk, treating the body as an adversary.

↓ Observation: *'my body was never trying to ruin this day. It doesn't know what the day meant to me.'*

↓ Possibility: grieving the interruption without treating the body as the enemy.

PAUSE & REFLECT

Your own interrupted plan

A specific plan an episode interrupted that I still feel frustrated about...

What would change if I saw my body as indifferent rather than adversarial in that moment?

The observation: whose plan was it, really

The plan belonged to your calendar, your hopes, your expectations for the day. It was never a plan your body actually agreed to follow. Separating the loss of the plan from a verdict about the body's loyalty is some of the most important work in this whole book.

The possibility of letting go

Letting go doesn't mean the interruption stops mattering. Losing a plan you looked forward to is a real, valid loss, worth grieving honestly. It means releasing the extra layer — the verdict that your body chose this, or betrayed you on purpose. It didn't. It just did what it does.

*Grieve the plan. Release the verdict
against your body. They were never the
same thing, even on the hardest days.*

YOUR SPACE

My notes

[illegible]



CLOSING

Keep going, gently

Your body interrupts plans it never agreed to keep.
That's real loss, and it's also not betrayal. Both things
are true at once, and holding both is the whole practice.

How much of our suffering comes from the event
itself, and how much comes from our fight against the
fact that it doesn't match what we expected?

*Next in the series: **Two Steps Ahead of Pain** — on
living in fear of the next episode, even when nothing
is happening right now.*

ABOUT THE AUTHOR

ROD GABRIEL ZR

This closing collection returns once more to the voice at the heart of *Living with Visual Aura Migraine* — not to explain another symptom, but to sit with the feelings that so often ride alongside one: anger that things aren't as they should be, and grief for the versions of days, people, and himself that pain quietly rewrote.

One question runs underneath every book here: how much of our suffering comes from the event itself, and how much comes from our fight against the fact that the event doesn't match what we expected? He doesn't have a tidy answer. He has ten honest attempts at sitting with the question anyway.

Want the whole journey?

This guide is adapted from the complete book, *Living with Visual Aura Migraine: Finding Relief Through the Rough Times* — the full story, with every practice, every episode, and every lesson in one place.

The Migraine Relief Series

1 · The Calm Before the Flicker 2 · Listen to the Whispers 3 · The Fear of the Next Episode 4 · Storms in Beautiful Places 5 · The 5-Minute Relief Kit 6 · More Than My Migraine 7 · The Space Between Seeing 8 · Prayers & Mantras for the Storm 9 · Invisible Warriors 10 · The 30-Day Gratitude Journal

The Identity Series — on reclaiming yourself from the condition:

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