

Unspoken Words

By Norrms McNamara, in his own words

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The shouting was getting louder and louder, the awful shouting, ringing in my ears, so many voices, no many unrepeatable words echoing around my mind. As I awoke a FACE appeared in the darkness of my bedroom, it hovered over me, sneering and foaming at the mouth, grinning with sickening intent of what was behind the eyes!! I screamed as loud as I could, fully conscious and fully understanding the fear that ran through my bones!!

Just another night in the Mc Namara household, Elaine held on to me tight until I had stopped shaking, stopped sweating and more so, stopped babbling on, making no sense at all to anyone else except me. As the morning dawns, I am up, no matter what time it is, no matter how early, just to make sure that my "Angel" gets some sleep at least, no matter how tired I am later on. Whilst I am still able to do this, I will, if it means that the love of my life gets a few hours more sleep it's worth the while getting up so early.

The night terrors / HALLUCINATIONS AND ALL THAT Lewy Body's brings means this is something that happens every night, without fail, sometimes as many as ten/fifteen times a night, sometimes as little as three, but always EVERY NIGHT! It stays with you for the rest of the day. Sometimes, during the day, I have no idea what's real or not. Sometimes I believe I am still in a dreamlike state and I shout and act totally out of character.

And yet, sometimes, just sometimes, through this fog of deceit that envelopes our brain, our thinking and way of life I see in somebody else's eyes that they also understand. It might be in a cafe, restaurant or even queuing in a shop, but just now and again when I have been loud or awkward, I spot a quick glance coming my way, and it's not a glance of disdain or disgust, but a glance of warmth and empathy. UNSPOKEN WORDS can mean so much sometimes, so very much.

Norrms xxxxxxxxxxxxxxxxxxxxxxxxx

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