

The Still Life Challenge
As introduced in the memoir [Still Life](#), by Dr. Jeff Sutherland

Finally, if my journey has piqued your interest in what it's like to have ALS, I offer you the Still Life Challenge. Undertake it with a responsible companion and an empty bladder.

1. Sit in a comfortable chair with all distractions turned off. For those who want an extra challenge, try sitting outside where creepy, crawling insects might find their way onto your body.
2. Have your responsible companion duct-tape your arms and legs to the chair.
3. Have your companion duct-tape your mouth (only if you are able to breathe comfortably through your nose).
4. Try to communicate with your companion by having them go through the alphabet with you blinking when the correct letter is reached to spell your word(s).
5. Try to do this for an hour.
6. Make a donation to your local ALS society.
7. Describe how you felt during the challenge using five words and challenge three others to do this through your favorite social media platform.

The challenge will give you a glimpse of the physical restrictions of ALS but nothing except the disease itself can give you a full appreciation of the losses associated with it.

Let's be still and start moving!