

WOMB TWIN SURVIVORS

A LITTLE BOOK OF STORIES

With many thanks to the womb twin survivors who freely sent their stories to Womb Twin for publication and which have been used in this ebook.

All profits from sales of this document will be used to fund the work of Womb Twin, which provides information, help and support for all womb twin survivors and their families around the world.

www.wombtwin.com



First published in 2013

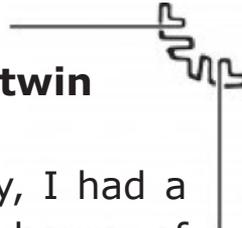
by the directors of WombTwin.com Ltd

P.O. Box 396, St Albans, Herts, AL3 6NE England

www.WombTwin.com

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by means electronic, digital or manual, including photocopying, recording or any other information storage or retrieval system, without the prior written consent of the directors of Womb Twin.com

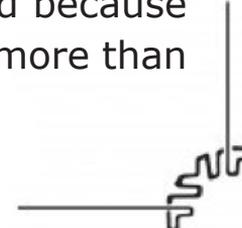
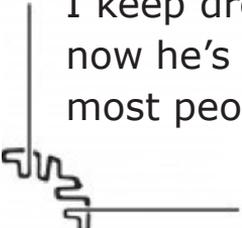
Copyright © 2013 The Directors of Wombtwin.com Ltd



Joanna: I just found out that I was a twin

I just found out that I was a twin. Apparently, I had a brother who died within days, possibly within hours, of our birth. Somehow this is very shocking, but at the same time I almost feel vindicated. My sister thought I knew. My mother never told me. Still, I remember being told by my mother that I had a fantastic imagination when I would “make up stories” about having a brother (I have four living sisters). I also remember having a very special imaginary friend (about age three). I would cry hysterically when I thought we were leaving him behind somewhere.

Myra: My “lost” twin brother is real



I always kind of knew I was a twin. I wasn't quite sure and I told people I had an unborn brother, although I was sure I had made it up. But today I found out I hadn't. He was real. My mom said he was “lost” after nine weeks of pregnancy so it's not worth being upset over. I know a lot about anatomy, enough to know that's the time a baby can first smile. It's good to know he never felt pain, and I keep dreaming about him. I suppose it's good because now he's watching over me. I just have to live more than most people to make up for him.



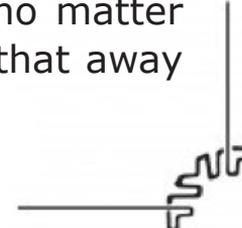
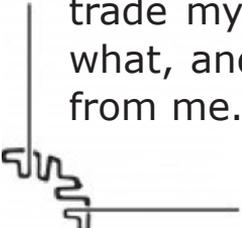
Lily: The missing piece in my life

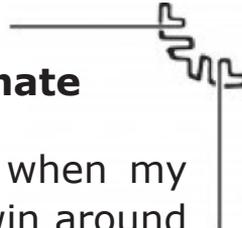
I've always somehow known I was a twin. From matching games and finding pairs for everything when I was younger, to trying to find that perfect friend, and feeling isolated even when I was around a lot of people.

I've always felt that someone was missing from my life, and it was frustrating that I could never find the reason behind those feelings. For a long time I thought it was because of my father's death when I was little, but I felt like I was just trying to force that piece into the wrong place on the puzzle, making it fit somewhere it didn't belong.

It wasn't until a year and a half ago when I was doing research online, that I found out about womb twin survivors. I was interested immediately, and after doing even more research, I finally had a sense that this was that lost puzzle piece I couldn't find before.

Everything clicked and I found out the reason I felt so different and like no one understood me. It was because no one did. Not the way my twin could have anyway. Although I wish my twin were here with me every single day, and I'll always have a sense of being alone, I wouldn't trade my twinship for the world. It's special no matter what, and nothing, not even death, can take that away from me.



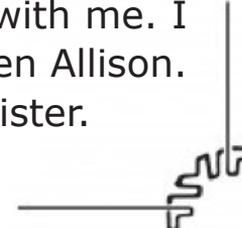
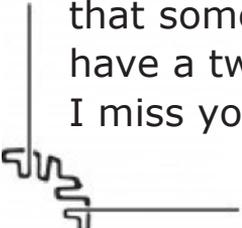


Kaylee: I am searching for my soul mate

I found out an early age that I had a twin when my mother was pregnant with me. She lost the twin around three months into her pregnancy. My entire life has been a hang-up on finding my soulmate. I feel my life won't even start until I find this person. However, I never do and I always have a sense of incompleteness about my life. I always feel as if I'm waiting for something to happen, and it never does. I very much feel like something is missing.

Allison - We don't really talk about it

I've always had relationship issues, with my siblings, my family, things like that. I don't really remember how I found out about my womb twin, but I know it was a young age. We don't really talk about it because no one believes my mom and they all think she's lying... The look on her face in the rare moments that we do talk about it is proof enough to me. And that I really have always felt like I was missing something. I think about it a lot but it's really hard to talk about. Sometimes when I can't sleep, I stop and think, what would she be like? Look like? My twin is a part of me and it's crazy to believe that something so incredible couldn't be here with me. I have a twin, a sister, her name would have been Allison. I miss you and never really met you. RIP my sister.



Penny: My twin brother came to me one night

I always felt as if I was missing something, I was always looking for this intimacy. When my marriage broke up I started along my spiritual path, which led me to meditation and a lovely medium who facilitates the meditation. My Grandad and a little boy arrived for me one night and that is how I found out that I had lost my twin brother in the womb. That is the shortened version. On that night I didn't know the full story. Now I do. He has been with me for my 52 years, helping me and I didn't know it till now. Lovely.

Rachel: Always that empty feeling

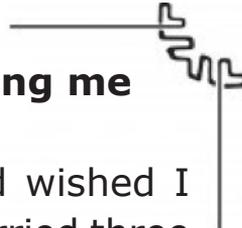
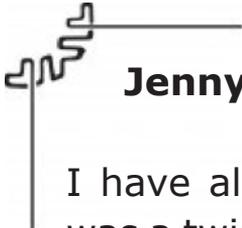
I guessed that I have a twin - my parents don't know, nor they even know about the vanishing twin syndrome. All they knew was that Mother had bleeding in the third month of pregnancy. But I can never fit into my school; always that empty feeling deep down in my heart that stopped me from going any further. I did not dare to perform my best. I have the habit to get things in even numbers -- two, four, six, eight. When I buy things involving colours I always buy two opposite colours, eg. black and white, red and blue etc. I suspect that I have a twin -- I am almost sure. And I am grateful that I am the survivor, because I know how lonely it feels, and I am relieved that my twin does not have to go through what I am going through now.

Therese - I cry for her at night

I am thirteen and I am a womb twin survivor. It's not 100% certain because we think my twin died in a chemical pregnancy, and there is no solid proof she (I always picture her a girl) existed. But because I show all the signs, my parents and I agree I must have had a twin. I miss her a lot and cry for her at night. If she wasn't real I don't think I would feel this way, so this is how I know I am a womb twin survivor.

Frea: Did I absorb my twin brother?

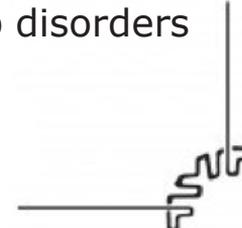
My mom never had an ultrasound, so I don't know for sure, but I've always been obsessed with twins, been lonely in crowds, and dreamed I had a brother. As an adult, I struggle with depression, have had three miscarriages, and have polycystic ovaries (a condition which is caused by having too many male hormones). I am messy and never finish what I start. I often feel unworthy. I also have only one copy of a genetic mutation. I get really upset at the thought of raising my son with no living siblings, and have actually gotten angry with people who intentionally stop after one child or who complain about their siblings. Is it possible that I might have absorbed my twin brother? I wish I had some proof, I'm tired of being called crazy.



Jenny: My mother thought she was losing me

I have always been fascinated with twins and wished I was a twin. I am a only child, my mother miscarried three pregnancies, one before me the rest after, the final of which was confirmed triplets. She told me when I was older that she thought she was losing me because she began bleeding sometime during the first trimester, she went to the doctor and I was still there. I did some research and discovered information on vanishing twin and womb twin, I feel like that must be me, I always wanted a twin, (still do) and wished for siblings, particularly a big brother.

Kim: I find eating very hard



My mum told me from a young age I was a twin and my cousin was born at the same time as me and we were raised like twins and looked extremely similar. People always thought we were twins. I'm bipolar, a former heroin addict, had an acute fear of the dark growing up and - like my mother- find eating very hard. I'm very empathetic, I'm dyslexic. People accuse me of being "psychic", but I'm a non-believer, personally. I hate sleeping alone and barely sleep, having been diagnosed with sleep disorders since infancy.



Angie: I find personal relationships hard to form

I am twinless twin. I been aware of this for my whole life. People often looked at my mother as if she is crazy. For a long time I was on the fence. I do however feel like I never fit in even though I have a lot of friends and find relationships - personal relationships - hard to form. Even have a tattoo of the name my mother was going to give my twin on my back. A few years ago I went to a psychic and she told me I was supposed to be a twin.

Laura: I knew I was different

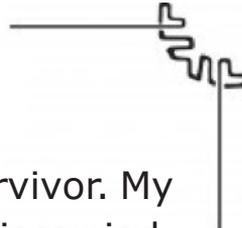
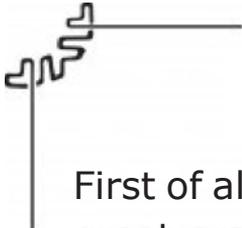
I lost my identical twin sister between six and seven months *in utero*. The cord got wrapped around her neck. This was back in 1985 when this was generally kept a secret. I knew I was different just didn't know why. I clung to a slightly older cousin from about age one to age three, really more than made sense. Maybe a little too smart for my own good, I asked paternal Grandma "Did I have a twin?" She said "Yes", which resulted in a scene from my Dad. I did tend to hang out with twins growing up - it just sort of happened. I always felt an ache for her. I didn't bring things up for a while, but curiosity got the better of me at 17. I just had to know, so I talked to Dad and got the basic info. I think about her often. It's OK to be sad for my twin and know we were a pair and that I had to forge this world alone when we should have been a pair. I was early talker and reader and now I know exactly what happened. Though it hurts, it helps to know the truth.

Gwen: My mother had bleeding

I have always thought I must have been a twin. I always felt something was missing. I would pretend I had a twin, or daydream about it. My mother had bleeding when she was four months pregnant with me, so it is possible that I had a twin who died. She even said she wondered if I was a twin. In my early twenties I found out I had Asperger's Syndrome. I thought that must explain everything, why I was so different growing up, but I still wonder, did I have a twin? I'm about 80% sure I did.

Mary: They couldn't understand how I survived

I am a womb twin survivor. I found this out when I was around 14 years old... Like other stories here, I was fascinated at a very early age about identical twins. We don't know exactly how, why or when my twin died in my mother's womb. All we know is that we were going to be identical girls. She died and I survived. When I was born, my mom gave birth of me first. Right after, a little dead fetus came after me, in the same placenta. Shortly after my birth, my mother got diagnosed with ovarian cancer and as a result, she got a hysterectomy. The doctors believed that the dead fetus in her womb ruined her reproductive organs. She was only twenty one when she had all her reproductive organs removed. Doctors told her I was a miracle baby. They couldn't understand how I survived in the same placenta, with a dead fetus next to me.

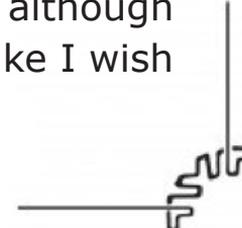
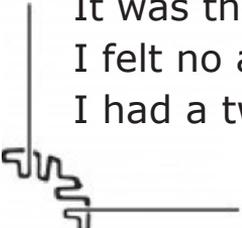


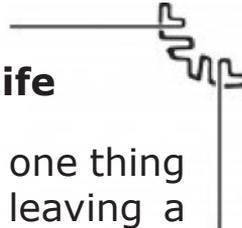
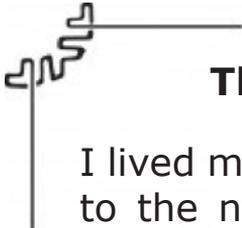
Susanne: There was another me

First of all, I do know that I am a womb twin survivor. My great grandmother had twins girls that she miscarried. Back in her day they did not have tests to determine what type these twins were. There is also twins fraternal on my dad's side boy and a girl, ten generations back. The boy died a month after birth. Why do I mention on my dad's side - because some geneticists believe the father can carry the fraternal twin gene to his daughter.

I am a true left-hander as I eat, write, hold the phone, cut with a knife, cut with sears, crochet, sew, throw a ball - do everything with my left hand. When I was in the third grade, I imagined another me that went to school with me. She would be seated in the next row where the empty seats were. Strangely, I had her absent as she was out sick all the time. I also did this in fifth grade and then I stopped it.

I have always had a fascination with identical twins, not so much with fraternal but identical. I had in my class fraternal boy and girl and a set in the class behind me that were boy and girl, but I was not fascinated by them. It was the identical twins that I would see and although I felt no anger in seeing them together, I felt like I wish I had a twin, like I was missing something.



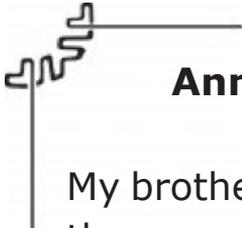


Thomas: I was to being to live my life

I lived much of my life constantly drifting from one thing to the next-relationships, jobs, etc and just leaving a trail of unfinished projects in my wake. I felt a constant chronic sense of emptiness, like there was a great big hole that could never be filled or that nobody could ever reach. It's only in the past few months that I have started the healing process. I know that it's not going to be easy, but I want to begin to live my life for the first time in thirty years

Ira: Is this why I thought of death as a friend?

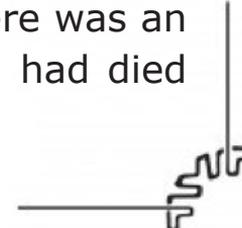
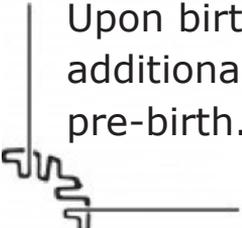
I had a tube and ovariectomy last week, after several weeks of diffuse pain and sub febrile temperatures. Despite, no inflammation was being found, but a dermoid cyst. I started reading about it and was deeply impressed and overwhelmed: a lost twin? Was that why I led my life always looking for others to feel good and accept, rarely getting my needs fulfilled? Feeling increasingly alone and not belonging to this world? Thinking about death as a friend? Being attracted by the same type of partners - disastrous relationships with the deepest feelings of love and tolerating to be smashed on the ground by them - up and down all the time, helpless, eager for harmony and no way to manage it? Not able to demand respect for my own needs and feelings, but struggling to fulfill their wishes to keep away from conflicts and being left? I'm just at the very beginning of dealing with this issue, but I feel it's true for me: I lost my twin.



Annabel: There is a great void to explore

My brother was stillborn at 2 lbs and I was 2.5 lbs, born at the same time two months premature. I was told by my father after my brother was born when I was fourteen. My parents never mentioned it again. I never feel loved by my mother, she has never told me she loves me (although my dad did) and never asks after me. I am so tired of always thinking and searching. I want to be at peace and be happy and have a mind to enjoy life but even in writing this, I feel uncomfortable and a bit scared to do that. I think there is a lot of deep pain that I need to investigate before I could let it go. I would like to name my brother and to find out what I have missed. Now I can imagine how amazing it would be to have someone who would have really understood me, and loved me, I feel there is a great void to explore but at least now I know I am not weird.

Mike: a misdiagnosis of Down syndrome



The ultrasounds during Mom's pregnancy with me were read and lead to a misdiagnosis of Down Syndrome. Upon birth however, it was discovered that there was an additional sac which had a hole in it. My twin had died pre-birth.

Breda: Was the cyst my lost twin?

I'm not sure how it happened. Last year I became very ill. At first my stomach was just getting bigger and I honestly thought it was due to my period. But soon I noticed that it was not going away and I began to look like I was a few weeks pregnant. It got so bad to the point where I was hungry but was not able to eat anything! I got pale and felt like fainting. I would also want to throw up. But all that came out was air or acid from my stomach. I went to the ER where they gave me a CT scan and told me I had a cyst. They said I had to have a surgery by the next day. They also found out it was attached to my ovary and had grown enough to cover my whole half stomach and it was pushing all my organs up! When everything passed they called me, telling me that they had sent my cyst to a lab and found hair, brain tissue, bone tissue and other things.... Is this my lost twin?.. I just don't understand how that got there.

Katie: My mom told me today

When my mom was pregnant with me, I had a twin. But, when we were fetuses (early in my mother's pregnancy) my twin brother or sister had died. I actually made it out though. I have always felt something was missing. I'm kind of spoiled, but good in heart. I have a lot of the symptoms. My mom told me today I had a twin. That's my story.

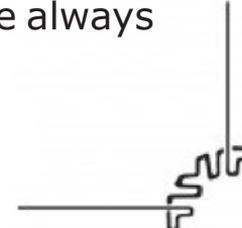
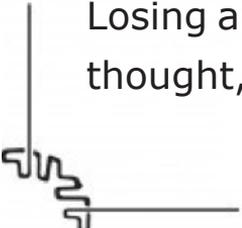


Allesandra: Deep down I feel a loss

Several years ago I told my aunt that I always felt I should have had a twin brother. She told me to speak to my mother. My mother described how, when I was born, the midwife said that there had been two babies conceived but that only one had survived. I lead a largely happy life but deep down I feel a loss which I have never been able to fulfil. I am a very logical person but I know this feeling of loss is the absence of my twin.

Benny: My twin Bruce

My twin Bruce died at birth and I was always searching for something as a small child. I didn't know until I got older that I probably was looking for him. I think my life would have been more joyful, and I believe I would have been a different person had he been in it. I've always missed him, especially on our birthday. Losing a twin is like losing a part of me, and I've always thought, the best part of me.



Carolina: He pinpointed all my pain

I learned this week working with a professional who practices muscle testing and tapping, that I am a womb twin survivor. Wow! New to me.

During this week's session he pinpointed all my pain, anger and grief as well as the feeling of not wanting to be here, feeling a deep loneliness, feeling of isolation and feeling different all my life. Thru the use of the techniques he said I was not crazy as I have been told - I am a "vanishing twin" survivor. I lost my twin during second trimester at four months. This is very new but I fit the profile to a tee.

I am left handed, but I can also do things well with my right hand. I hear voices. All my life I've had dreams of trying to save a tiny fetus that somehow got out of the womb. I am an adult but no matter how I try to save this tiny little thing, I never can. The dream is always the same. I have always thought I was losing my mind until this new knowledge surfaced. The info feels right as I research it more and more. The feeling of grief, anger and sometimes rage I have always felt - I now realise the root of those feelings. Especially the deep feeling of loneliness.

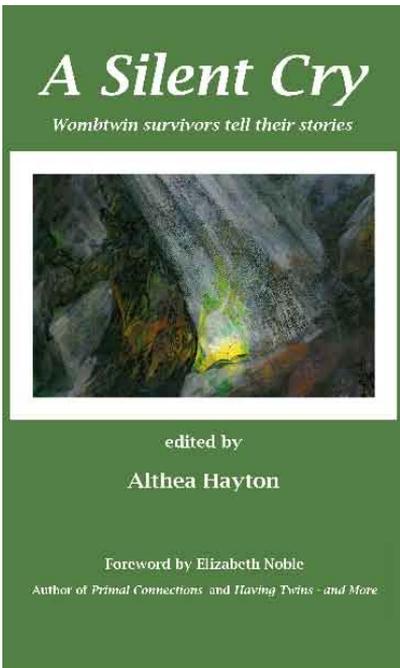
My mother is dead so I cannot verify with her if anything was unusual about her pregnancy. But I feel I have finally found something rational to explain why I have always felt this way. I am 55 years old and I am not crazy!

A SILENT CRY - womb twin survivor tell their stories

Seventy full-length stories written by womb twin survivors from all around the world. The first and largest collection of personal accounts written by womb twin survivors ever assembled. If you are interested in the subject of womb twin survivors you will enjoy reading the stories in this 200-page paperback.

Althea Hayton has let the cries break the silence and now we can acknowledge and begin to understand the impact on the unborn when a co-twin dies.

Elizabeth Noble, author of Primal connections



**A SILENT CRY
Womb twin survivors tell their stories**

Edited by Althea Hayton
ISBN 978-0-9557808-0-6
Paperback book
Price £9.99p

Published by Wren Publications 2008

Available by print on demand from
online bookstores

All profits from sales of this paperback book are now donated to Womb Twin, a non-profit organisation helping womb twin survivors around the world.

