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Just Seeing Me

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Just Seeing Me

[Prose/poem]

In a sense of belonging.

Is it how we, look, speak, country we're born in our ancestral roots?

Is it what we wear? Music we like to watch? What about autism – what happens when diagnosed, especially later in life. Do we look back and still have a sense of self or do we question everything we've know so far?

When we're little we look out for heroes, people like us, who we can relate too and feel included.

We can often feel like aliens in a very confusing world. So, who are our trailblazers?

Autism has often been mocked perpetuating stereotypical behaviors, like hand flapping or blurting out things. We are more than that and being different doesn't mean wrong. In fact neurodiversity is all around us, many just haven't realized.

It's in past presidents, future ones too. Film stars, writers and some of the most famous composers; philosophers who changed the world.

Artists whose works are timeless, that we probably have a frame of above our television or printed on a T-shirt. There are singers we listen to everyday and whose music has probably saved our lives and been part of the mix tape of our past, present and future.

There's been autistic inventors whose items we use every day without a second thought but without which we would be lost.

Einstein wrote, “The important thing is not to stop questioning. Curiosity has its own reason for existing.”

Albert Einstein was a theoretical physicist, world famous and regarded as a genius. He was also autistic and is proof neurodiverse doesn't have to be a curse. We need to keep embracing and celebrating our difference.

–Nadine Plentie

Nadine Plentie is a late-diagnosed autistic poet and writer based in the UK. Her interests are based on her daily life experiences and interests such as music.