

Ought: The Journal of Autistic Culture

Volume 4
Issue 2 *The Internet*

Article 12

May 2023

Ism-ing

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Recommended Citation

Bowen, Bernadette “bird” (2023) "Ism-ing," *Ought: The Journal of Autistic Culture*: Vol. 4: Iss. 2, Article 12.
DOI: [10.9707/2833-1508.1134](https://doi.org/10.9707/2833-1508.1134)

Available at: <https://scholarworks.gvsu.edu/ought/vol4/iss2/12>

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Ism-ing

The
Water
Hit my
Teeth
Like
tin Foil.

—

I am
Organs
-isming.

Hands
Over
Fists

Full of
Static.

—

“I just
Don’t
Feel
Good,”

Used
To Be a
Reason

Only
Good
Enough

For
Anyone
But me.

—

My senses
Pour- and
Be-trayed
Our insides.

Alexithymia
Disconnected

The dots
Between
My lines.

—

My skins
Turn red
In alarm
--of--
Feelings

I cannot
Compute,

Only
Shake
Free.

—

I have
Been...
Spite—
--Full.

Visceral
Anarchy.

A fire
In me
Refuses
—Dormancy.

—

“It does
Not have
To be—
This way,”

I scream

Into
Future
Silence.

Words
Said for

Other
People’s
Children.

—Dr. bird