Asperger's

Zarik Dec 2021

On the spectrum called Autism is me

Isn't new or trendy

Had it all my life

Neither a disease nor an illness

Not broken

Cannot be cured

What I am, is wired very different to you

I probably appear grumpy, non-smiling, unemotional

The inside, another story

I can't read or watch emotional films or TV

Deep lasting trauma results

I replay our conversations over and over

Sometimes days on end

I search to see if I offended you

I simply don't understand how you think

Your brain functions across all shades of grey

Ambiguity and nuance are alien to me

I operate quite literally

Really literally

You are designed to cooperate and socialize

You know intuitively the social rules, norms

You naturally know what's polite and acceptable

I don't

You enjoy a group, thrive

One or two is enough for me, wither

Routines and patterns are vital

As is quiet and peace

Order, order, order

Too much emotion, activity, light, sound, colour

Melt down

I suffer supercharged senses

Your soap

I hear what you don't

I see patterns you miss

I think so much faster

Not smarter

To me you are emotional, illogical and sometimes stupid

Sorry

I feel things deep

I know you do too

Not a contest

You show it

I don't, won't

Without careful controls, I melt down

I have Asperger's

You're neurotypical

This is your planet

Your understanding, patience, and compassion it could also be mine