



AUTISM POEM

It can be great to be autistic
We have to face our challenges and be realistic
We have strong talents like being artistic
But during our times we can go ballistic.

Pathological demand avoidance
oh my god total annoyance
Sensory overload, OCD
crap, I'm pegging it oh dear me
It gets too much, can't you see
Autism acceptance, lets run free.

Time can freeze and zoom along
Temporal focus, all gone wrong
Mixed anxiety in the brain
Strong emotions, triggering pain
Autism friendly community is the aim
So, we are included and feel the same
It's time to expand and learn some more
To change perception, we implore.



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