

## 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.

**Written by:** Ava McAuley

