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My right to be how I am and how I want to be

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My right to be how I am and how I want to be is not something I am given, it is a right I own legislatively. My ability to do something is greatly influenced by my willingness to do it. My willingness to do something supersedes any other motivation. If socializing or communicating constituted work, then silence would be my holiday. Silence is beautiful, calm, soothing, and free from anxiety. It belongs to me and allows me to bask in myself. I refer to this as absolute autonomy. I feel anxiety when someone or something interrupts these moments. Absolute autonomy is difficult to enjoy because of our busy lives and whilst I have always made time for it (sometimes just 10 seconds) the alternative is to find a silent place inside any task I am doing. If I am doing a job at work, then I create the mental water tight space needed and I work within this space. My mental space is organized in such a way that it leaves little to no room for anything other than what I am doing. Someone might reason, well it's only a small interruption but the difference between silence and the slightest noise is humongous. The outside manifestation of abruptness, the unsociableness, and selfishness is in stark contrast with the inside characterized by the need for silence and to exercise my absolute autonomy.

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