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Alin

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I'm on the Spectrum

I was born on August 8, 1991, with cerebral palsy and autism, both of which I was unaware of until I was 15 (for the autism) and 18 (for the CP). This is my story of how I live with autism and cerebral palsy today and in the past.

I never knew to myself that my constant need to hug people and touch and smell and kiss was a sensory need. I thought I was just a freak up until I found out I was autistic. I never knew to myself that the fact I rock back and forth and tie belts and straps around myself very tightly was part of the autism. I never knew that my social ineptitude was a part of my autism. I thought I was just bad at being social and was always rejected by peers.

How I live now...

I live now at the age of 19 still just as severely, if not more-so, developmentally challenged with the cerebral palsy. I have a lead apron, leather jackets, latex clothing, all of the things that comfort me. I have compiled a huge list of things that comfort me and help me sleep. I sleep better than I did before I made the discovery I was autistic and needed help. I feel better getting support from other autistics and overall I feel I am a better person. I am obsessive and understand why, therefore I do not fret over it, I just let it be a part of me. I am constantly on the lookout for new things that will help me relax, sometimes making purchases in spite of already having other things. "Why?" I ask myself and then I think to myself, "It's all about sensory diversity." I want a diversity of sensations that relax me around me. Photostimulation is a new thing that I have been enjoying, using many colors of light bombarding me. I am experimenting with it with a new friend of mine named AJ, who is on my blog at alinssite.info.

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