



# Safe Spaces



Hi there, I have some

Invisible ~~disabilities~~. ~~Abilities~~. *Super Powers*.

I can sometimes communicate telepathically,  
other times I am nonverbal. Depends.

I am **Super Sensitive** to:

- Loud sounds
- Fast Music
- Bright lights

Because I ~~have~~ Am\*:

- Autistic
- M.E. enhanced
- NeuroDiverse
- Cardiac Challenged



- Strong smells
- Rapid Talking
- Cigarette smoke

- Post Traumatic (PTSD)
- Fighting crime
- Fighting for Inclusion
- Fighting for the Right to  
*[quietly]* Party

At this time, my Powers of

Flight

Solvency

Superposition/Bilocation

Teleportation

*are  
currently:*

Depleted

Lacking

so... I can't get to my Fortress of Solitude right now.  
Could you Please help my **Quest** and make a temporary  
**Safe Place** for me here, by adjusting:



Lights

Music Volume

Conversation Speed

Conversation Volume

Your smoking location

*so I can get back to*

Being Present

Diversifying

Ending Climate Change

Fighting injustice

Saving the World

Solving Crime

I can seek solace elsewhere, but I prefer not to, and **many** are less able to speak up than me.

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I can seek solace elsewhere, but I prefer not to, and **many** are less able to speak up than me.

*You don't have a right to my diagnosis, but I choose to share it with you to aid your understanding*

Note also that the intent is to help, inform, amuse, and be used, however: ...

*"My autism is not a superpower. It also isn't some kind of god-forsaken, endless fountain of suffering inflicted on my family. It's just part of who I am as a person". - Sara Luterman*

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