



Safe Spaces



Hi, 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*:

- On the autism spectrum
- Autistic
- M.E. enhanced
- NeuroDiverse
- C.F.Syndrome** out
- Cardiac Challenged
- Potty (POTS)



- Strong smells
- Rapid Talking
- Cigarette smoke

- Post Traumatic (PTSD)
- Valiantly Absorbing
- Chemicals (chemo)
- Fighting crime
- Fighting cancer
- 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 attitude

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.

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

Print more of these for your patrons, families, or friends @ [inVisibilit.Me](https://invisibilit.me) or Diverse4.me

