

# Autism Does Not Define Me

A Poem by Karen Krejcha © 2010



**A**ccept me for who I am,  
**U**nderstand that I may not always get what you're saying.  
**T**rust that God has me here for a reason;  
**I** am an amazing human being.  
**S**ocially, I might not fit in with society's expectations.  
**M**entoring can help me along the way.

**D**on't forget that I have feelings even if I don't express them.  
**O**pportunities for my happiness are indeed possible.  
**E**ducate and encourage me without prejudice.  
**S**how patience and kindness along the way.

**N**ever give up trying to "get" me  
**O**stracizing me will just shut me down.  
**T**ake time to try and come into my world.

**D**efining me as my diagnosis ignores my essence and best qualities.  
**E**merging talents may arise when you least expect them.  
**F**riendship and honesty is valued to me more than you can imagine.  
**I** am in need of love and tenderness too.  
**N**ever let me give up, especially when you see my mood shift.  
**E**xpect the unexpected and watch me enrich your life.

**M**any people will read this and I pray millions will act.  
**E**mbrace and empower someone with Autism today.

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**For more information**

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