



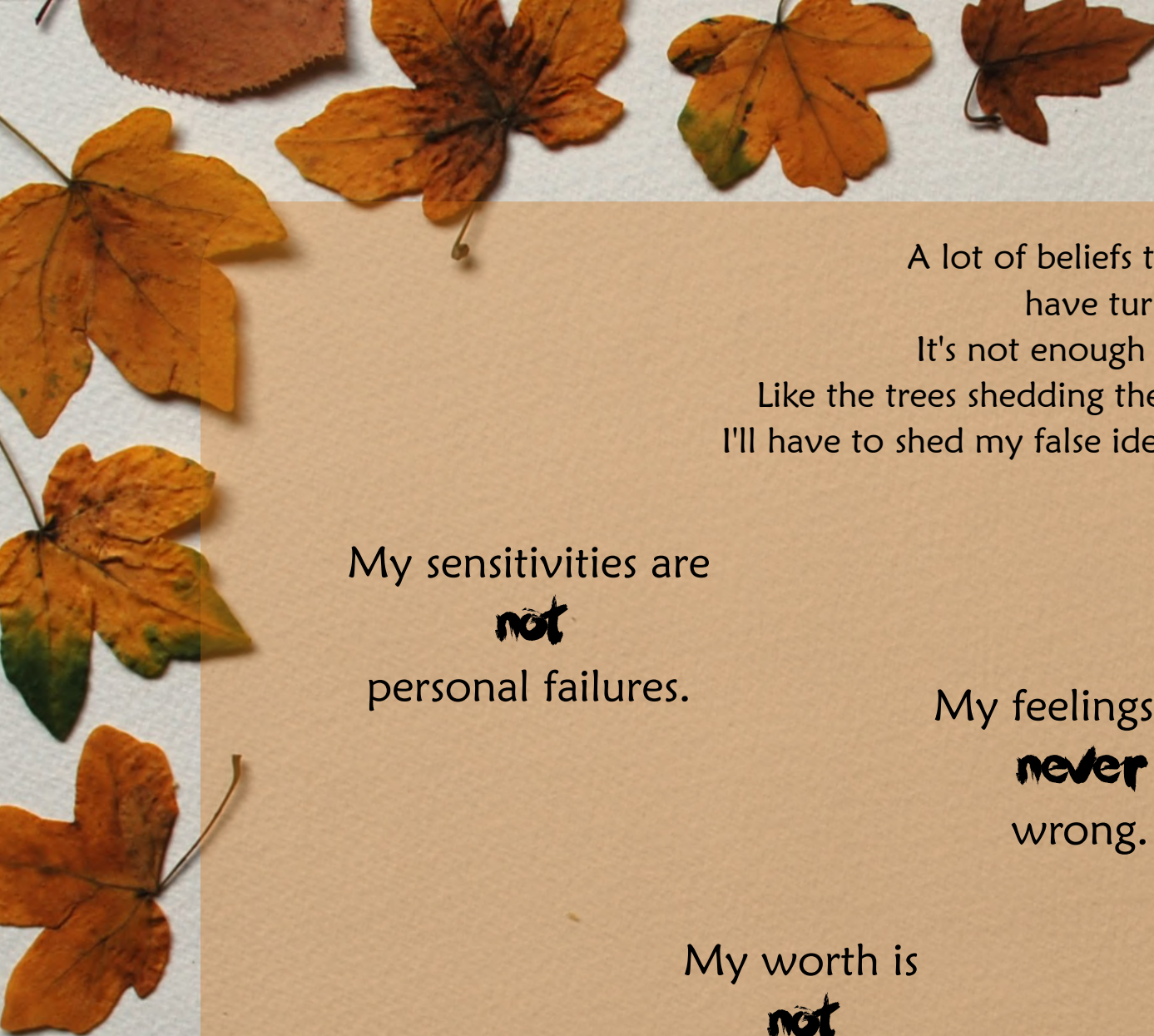
The seasons are a story
I fall for every time



Issue 4

autumn

October 6
2023



A lot of beliefs that I grew up with,
have turned out to be false.
It's not enough to realise this once.
Like the trees shedding their leaves each year,
I'll have to shed my false ideas again and again.

My sensitivities are
not
personal failures.

My feelings are
never
wrong.

My worth is
not
determined by my productivity
or my achievements.

Rest is
not
a reward.

Asking for help
is a sign of
~~weakness.~~
strength

I **don't**
need to suffer
in order to
deserve good things.

I am **not**
obliged to explain or justify myself
for liking what I like,
for doing what I do,
for refusing what I don't want.

Let's be like the squirrel
and start a stock of
good ideas. Keep them
somewhere safe.

There are dark days
ahead of us but these
will get you through
the wintertime.

My difference
is what makes me beautiful.

My questions
are valid.

I am proud
of my inquiring mind
and my boundless imagination.



It's a blessing

to find joy in what no-one else sees,

to be thrilled by the smallest of things,

to be able to experience the magic

of my unique perspective.



And next year, let's have a look
at what these idea seeds that we planted
have developed into.

Nourish them, again and again,
and each season they will grow
a little stronger.



Never miss an issue?
Subscribe here!

About me

My name is Louise (she/her) and I got my autism diagnosis at 28. I created The Autist's Companion to document my journey and provide you with a pocket-sized friend to keep you company.

Specs

Camera: Nikon DX

Graphics editor: Inkscape

Flipbook: Heyzine

Socials

Website: www.theautistscompanion.com

Instagram: @theautistscompanion



All the images and text are (hand)made by me, unless otherwise stated.

© 2023 The Autist's Companion