

Erfahrung als Psychic Betroffene in Arbeits und Akademische Umfeld

I am a PoC person Psychologically differently abled apart from my various diagnoses I suffer from Autism. While my high functioning Autism with finding patterns enables me to solve mathematical tasks easily, I struggle in communication, I struggle in high pressure situations like a written exam because my mind is lost in alertness, finding patterns in time and exam task solving. I am lost finding patterns in my daily tasks. I don't get social cues. I somewhere feel I am a diagnosed undiagnosed person. Often my disability is not taken seriously in work and academic environments especially in fields of Technology and Sciences. Because I solve tech tasks but it's not understood. I struggle with basics like keeping my room clean or get lost when someone talks to me for more than 20 minutes. Psychological disabilities are somewhere not seen as a disability as compared to a Physical disability. It's a mainstream notion that a Psychological disability means you are either a vegetable or as they have seen in movies like "A beautiful mind" John Nash solving Game theory and winning a nobel prize in Economics so it's a high functioning genius. Psychological disabilities come in various paradigms. It can be struggling to do the basic tasks like getting out of bed, tying your shoe-laces you struggle ten times trying to struggle them the right way or going to the supermarket finding patterns to fill your shopping cart, feeling overwhelmed in groups. Raising awareness especially in the mainstream world to those of us who are unseen still remains a long way to go.