

CHANGE

Change

The word translates to stress
It runs marathons and miles along my head
They say breathe in
And breathe out
But the change is in my head like a roundabout
No way to escape
No words of goodbye
It sits and stares
As change floats by
People move on
Calendars flip to the next month
But I sit still
Missing the time when normality was enough
They prepare me for the soon to come
Yet when normality drives by
I'm still not aware
What I was missing all this time
Even for the better
It feels for the worse
Because I don't feel like
I can break down these words
"Things change"
"People move on"
Yet I stay where I am
Normality the only thing that belongs
In my mind
In my soul
I watch as the world around me improves
But I prefer before as a whole
I love to see your smiles
And the way you all care
But I only feel safety
When the dust of something new
Leaves the open empty air

Through an autistic lens – Year 11 student