

“Everything I see and read, I must imagine something similar to it and try to understand it based on that. For example, in E6 there are holes where nails used to be on the walls in a grid shape. I always remember it first when someone mentions E6. It is 4 holes down by three holes wide. I know this because I will always see a straight line between two dots or holes. I realised this years ago when I would visualise a path between spots of gum on the floor. When I say ‘straight line,’ I mean where a direct path could be if there was one. The grid reminds me of an optical illusion that is also in the shape of a grid. I remember rooms like these with features like colours and patterns instead of names or lessons. I am looking at these details constantly and always switching between them, my work and other details. It is very distracting, but it is hard to stop focusing on them.

If people feel a tag on their clothes rubbing into them, they can just block it out during a conversation. I will never be able to do this, even if the tag has folded slightly back where I can’t feel it, I will still know that it’s there and it will still be uncomfortable. For example, there is a seam in socks where they join. It is positioned in the groove of your toes. This is so uncomfortable that I cannot walk on them, so I turn them inside out. However, if I position it wrong and even a small part of the seam is stepped on, it will make the sock unwearable for the rest of the day. With sounds, I hear all sounds and am forced to slightly focus on them. Quiet repetitive sounds I can partly ignore, but I must still focus on them. An e.g. is the fan droning as I read this. Loud random sounds are ones I put a lot of focus on. And many different medium sounds all making different noises like talking are impossible to let me focus on something else. I will try to focus on each one and get dragged into another one. This takes all my focus”.

