

## Isaac's Brain

### Reflections 2022: Show Your Voice!

I feel like my brain is complicated. It is like made out of parts. It's like a book. There are many different pieces of a book that are connected and make it good. That makes me feel like there are so many pieces of me. All of the pieces of me are unique. I want to show my voice so people can understand me. When I feel like people don't understand me, that is how I get sad and mad.

There is a piece of funniness. That piece means I picture things that are fun. Things that make me funny is like how sometimes what I say. What I do. What is funny about me is that I can do stuff with my body that is funny. Like, I can do tricks or a funny dance. That sometimes makes me laugh.

There's a piece of me about how I feel. Sometimes, I have big emotions. I will feel happy about some things that are funny. Then, sometimes I feel sad. When I get sad, it feels like all the other bits of my brain go off and the sad is the only part that stays on. Being alone just makes me feel sad. Being alone makes me feel like nobody ever wants to play with me. It feels like maybe it is because of the way I am. When I am alone, it feels extra hard at school because I feel like there is no one to hug me or make me feel better. When I get mad, it's the same way. When people don't listen to me, that makes me feel mad. I want people to listen to me. Or, sometimes I get hurt and feel mad at someone who hurts me.

There is a piece of my memory. My memory holds on to bad stuff like glue. Really sticky glue. Some of my good memories stay, but sometimes I forget them. I sometimes remember my nightmares too. Something good about my memory is that I can remember stuff like math problems, reading and like stuff that is very important.

There is a piece of me that is like what I like. That's like food. Some food I don't like. Well, most food actually. Things that I do like are happy dreams. I like playing games. I like playing with my family and friends. I like hugs. I like being with my family. I like resting.

I feel like some people that may feel like me may feel a little happy when they read this. Everyone is a little different. But, some people are similar. If they have something like what I struggle with, then this may help them feel happy. Maybe they will feel like they aren't alone. I want to show my voice to tell people they aren't the only people who struggle with some things. And, if they aren't similar, maybe they have at least one similarity to me.