I do not need remedial human-being training. You need remedial kindness.

Remedial Kindness

internalized ableism

deficit disorder

Kayla Basha is a disabled interactive theatre artist from the NYC area.

This microchap is a response to the commonly held idea that neurodivergent people should not be in relationships.

1. I do not need remedial human-being training. You need remedial kindness.

2. Keep your shadows in your own mind. Don’t go sticking your unwashed hands in people’s brains. Sunrise and silver will burn you out.

3. If I am not good enough to belong to anyone else, I don’t care. I’ll belong to myself. If I am not good enough to belong, I’ll keep my shadows in my own mind.

4. If I am not good enough to belong, I’ll keep my shadows in my own mind. But I’ve gotten practice at imagining someone else saying, “I’m proud of you.” Which works perfectly well.

5. Pet your own hair. Feed yourself gummy worms. Maybe you don’t like sheet masks and that’s fine. You do not need anyone else’s permission to be a very good heart.

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