

# HEAR WHAT I AM DOING

*Please, mom, **hear** what I am doing; see what I am saying.  
The world is a crazy, confusing, scary place for me.  
I can't do the things other kids do—my body doesn't work right.  
But inside, I'm just like other kids—I need to be loved and appreciated;  
I need to belong, to fit in; I need to contribute, to be useful; I need to be  
heard and understood; I desperately want you to be proud of me.*

*I want to tell you my needs, my feelings, my thoughts, but they get  
trapped inside me because I **can't** get my mouth to say the words.  
There gets **so much** piled up inside me that sometimes it just blows  
up everywhere. And I know you're disappointed in me, and you  
get angry at me, and somehow, it's **all my fault**.*

*My actions speak so loudly, you can't **see** what I am **saying**. Yet, my  
actions **are** my saying. **My body says what my mouth can't**. I act  
out my feelings, but often, the acting out is such a problem that my  
**feelings** go unnoticed. But I have no other way of telling you my  
feelings.*

*I want to cooperate, to succeed, to contribute, to feel good about myself,  
but to do that I must be heard.*

*Please, mom, **hear** what I am doing; **see** what I am saying.*

Carolyn Hunsinger

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