

I have promises to keep
They're stuck in my head, real deep

I've got Autism and ADHD
People treat me like I'm a disease
I have a body that just can't stop moving
Which would be ok, if the world was always
grooving
My senses are always alive
Leaves me in constant overdrive
I try so hard to be good
But people just think I'm a hood
I struggled so much in school
Some kids can be so cruel
I want to be just like the others
Not feel like I'm always a bother
My mind keeps going non-stop
Until I finally drop
When I hit over-load, my brain shuts down
Leaving me feeling, like I'm going to drown
I have only one or two friends
Who I'll look after, until the end
If you could just see past my behaviour
It would feel like I have another saviour
I wish you could see the real me
I just want to fly and be free

I have promises to keep
Which I think about each night, before I sleep

Jackson Karl Schomacker
11 Yrs Old

The beautiful artworks in this journal are taken from the participants of the **Operation Art project** at the Children's Hospital at Westmead. You can find out more at <https://www.artsunit.nsw.edu.au/visual-arts/operation-art-2014>

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