

Autistic burnout
recovery journal

issue I



all that is left
charred remains of my



just
let me
sleep forever

I don't know who I
am and I don't
know where I've
been and I don't
know where I'm
going



foldin gg foldin gg
foldin gg foldin gg
foldin gg foldin gg
foldin gg foldin gg
foldin gg foldin gg
foldin gg foldin gg
foldin gg

in the quiet i
finally hear the
voice of my soul

so tired, i'm so
much more tired
than I thought
possible

i must rest for a
long time

don't know how to
rest but I'm
searching

(let me find it)

to be continued