

April 7, 2019

Today I learned that I have Autism. I learned this because I have been in the mental hospital for 4 days. The police brought me here against my will because I was having a mental breakdown at work. The police chased me through the park, grabbed me, shoved me into the sidewalk and put handcuffs on me. The fire department showed up and stuck all kinds of wires onto my body. When I asked the police to stop talking because my brain was overloaded, they all laughed at me.

Earlier in the day, I had been teaching middle school students, but in 4th period, I simply lost all my emotional control. This happened because my principal told me that the school district refused to remove the 5000K LED floodlights at the front of the school. They said they needed the lights for "security". But every day I would come to work, and these unnatural lights would shine into my eyes, terrorizing me. April 3 was the day I could not take it anymore.

But it was not just at school. I was being tortured by car headlights and daytime running lights, by flood lights, by streetlights, by flashing lights on police cars and utility trucks. Every single day had become a terrifying day. I learned that these are called LED lights and they have a color temperature and a non-uniform luminance that my beautiful brain cannot tolerate. The lights feel Satanic, despite my non-religious nature.

I now mostly hide in my house. Leaving the house, especially at night, is an exercise in terror management. Why can't we get rid of these LED lights?