

## Dallas's Story

I am married and have two kids and am employed full time.

Society sees me as a person but not as a person with any value. People have a habit of labeling and categorizing. If society worked together and thought as a whole group everyone benefits, so why label and categorize there's no reason for it. Life should be built more on the feeling of someone rather than their position and status or how they look.

People with FAS want to be part of a group and will do anything to be in it. Even if it means becoming something, we're not. We find it hard to be accepted. We look for a sense of belonging but can't until we find out who we are inside. A person is chaotic from the moment they're born until they find themselves. Once you find yourself, things become clear. Your ability to make choices is easier. People with FAS are usually outside the group. We're not meant to be alone but can't be a part of any group. We need to figure out how to function in a group in a positive way while still being ourselves.

In school there were social groups. Either you were in one group or the other, if you didn't fit in you got picked on. Classroom situations in general ticked me off! I found teachers, students and classrooms difficult to deal with because I had learning difficulties and teachers treated me as a problem child, sending me out of the class to the principal's office and at times berating me in class. I got angry at many things, lights, and sounds and especially people. The physical environment had too many distractions i.e. Pictures and posters. I am hypersensitive too: clothes that contain synthetic dyes and materials and certain lights. All of which cause skin irritations. I discovered that natural light and the outside environment is a comfortable setting for me.

People with FAS have unique abilities that range from physical to mental to beyond. Fields of energy surround the body; some people are more sensitive than others. Every person feels a force that pushes him or her to do something. I know in my life that I feel a push towards something I just don't know what it is. Sometimes when I lie in bed not thinking about anything this feeling is so strong I lay awake. At times when I walk this feeling is pushing me. I just keep walking until it goes away. I found for the first time a place that provided a sense of ease and clarity. I would sit in a field with my eyes closed and be able to relax. I felt more at home there than I did anywhere else.