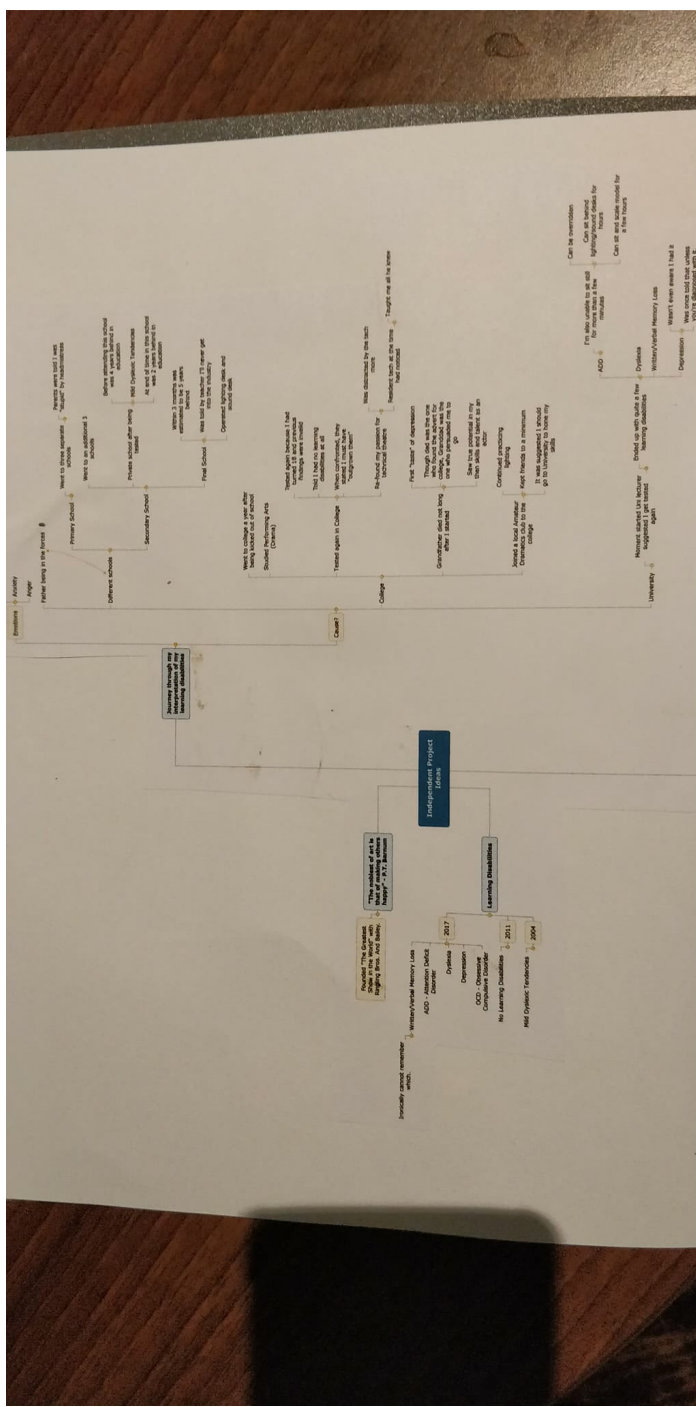




Not always able to hold a
consistent sleeping
pattern

Didn't even know I had
it till I was told

Depression

Can go extremely quiet

Questions what I may
have done wrong

Constantly apologises

Feels everyone hates me
after almost every
mistake

Jokes can be difficult to understand at times

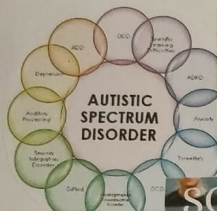
Don't understand social cues

Aspergers

Hate crowds of people more than 3

Don't understand sarcasm





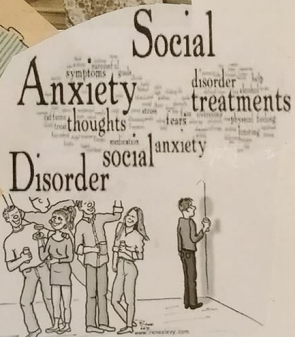
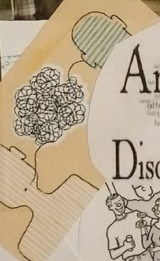
SOCIAL CUES



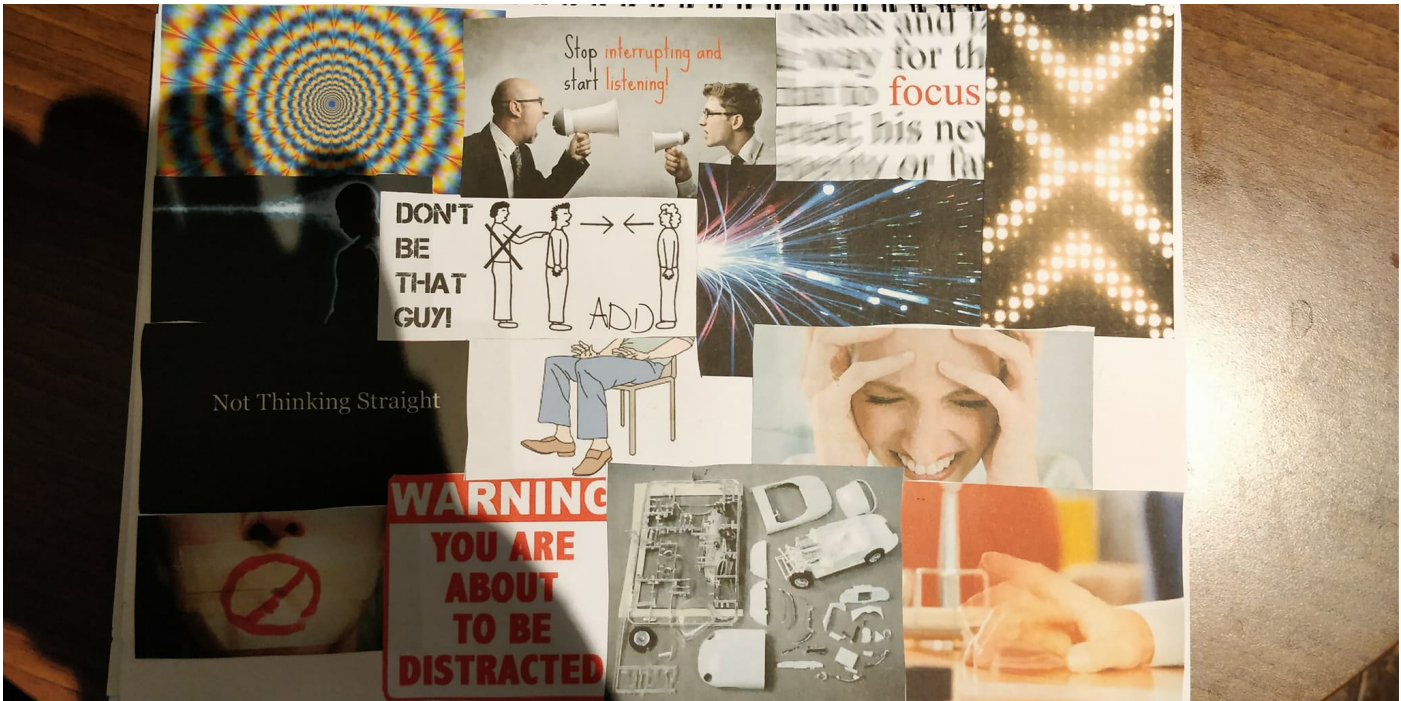
WHAT ARE THEY???



Master • Effective Body
Non-verbal Business Language Well
Cross • Hand • Message • Active
Communication Skills Empathic Cultural Listen



ASPERGERS



solution leader ship
 aspiration
 growth
 innovation
 leadership
 success
 vision
 strategy
 business
 management
 marketing
 sales
 finance
 operations
 technology
 human resources
 legal
 compliance
 risk management
 corporate governance
 sustainability
 social responsibility
 community relations
 public relations
 media relations
 investor relations
 government relations
 industry relations
 customer relations
 employee relations
 supplier relations
 partner relations
 competitor relations
 stakeholder relations
 global relations
 international relations
 cross-border relations
 multi-national relations
 transnational relations
 supranational relations
 international law
 international trade
 international finance
 international marketing
 international sales
 international operations
 international technology
 international human resources
 international legal
 international compliance
 international risk management
 international corporate governance
 international sustainability
 international social responsibility
 international community relations
 international public relations
 international media relations
 international investor relations
 international government relations
 international industry relations
 international customer relations
 international employee relations
 international supplier relations
 international partner relations
 international competitor relations
 international stakeholder relations
 international global relations
 international international relations
 international cross-border relations
 international multi-national relations
 international transnational relations
 international supranational relations

POTATO

THOUGH THE HEIGHT

A detail of a manuscript page showing a decorative initial 'M' in blue and red ink, with a small illustration of a figure in the margin.

teapot tapot
tapot tapot
teapot teapot
tapot tapot
tapot tapot

teapot tapot
tapot tapot
teapot teapot
tapot tapot
tapot tapot

[illegible]

dyslexia

Food and land
is what we live
on.

"I have a skinnie" was extremely hard for me to say to anyone. It was like saying "I am super fat." I didn't believe that I didn't believe that I wasn't fat. I didn't know a fat person. I was telling my friends and I was telling my means to have a skinnie. I once told a classmate that he had a skinnie. I didn't know you were fat.

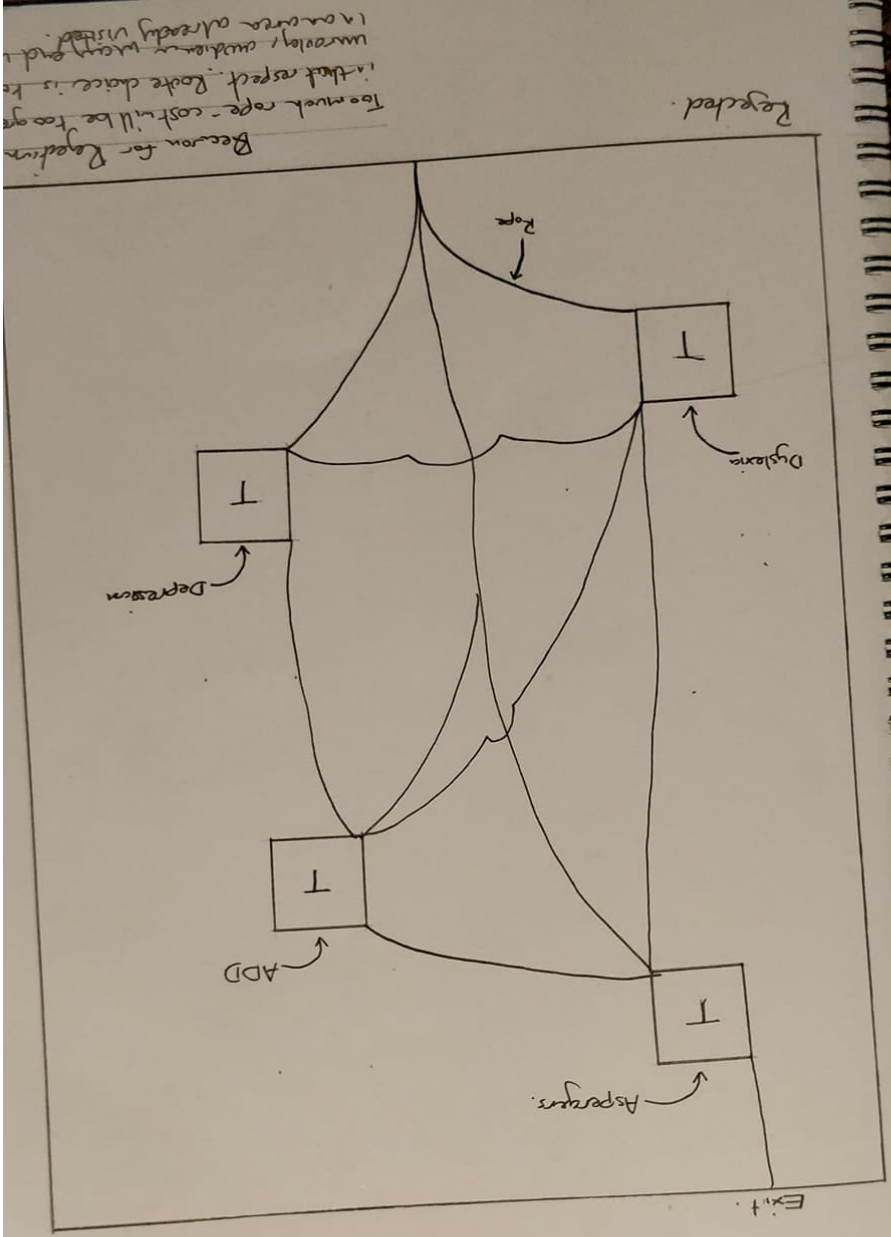
with Dyslexia I never had
an issue with spelling
as others had to
have.

Always check for
spelling errors

01987-10-01

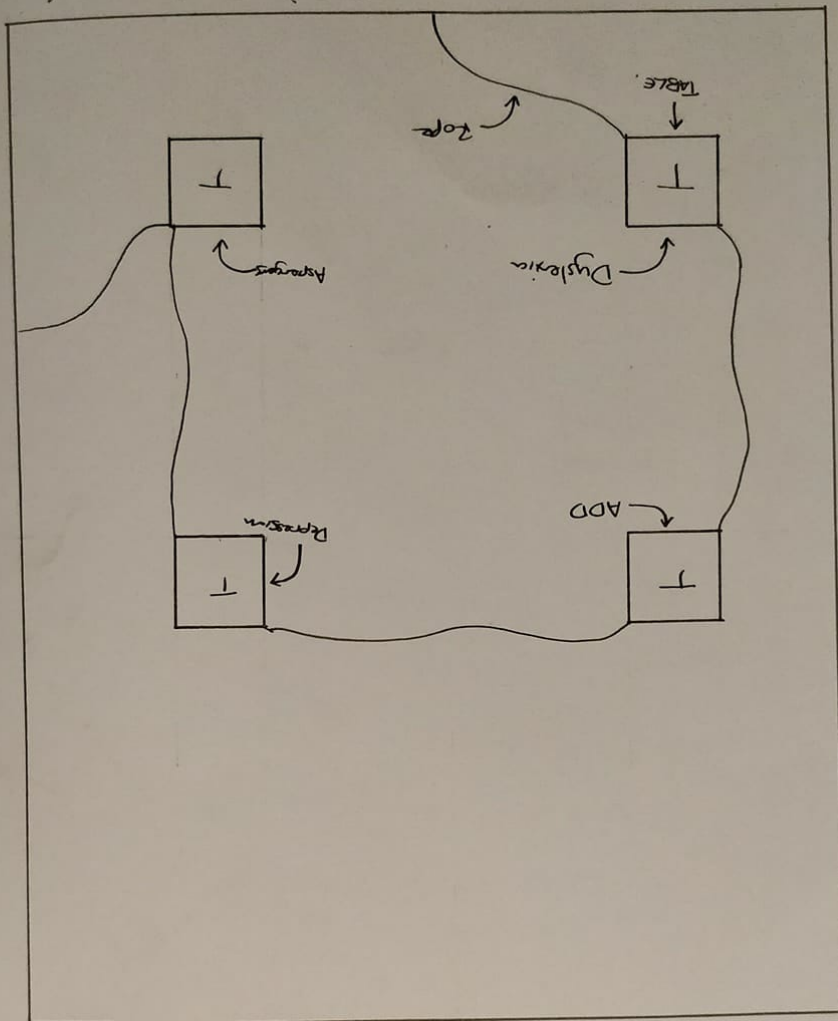
Not To Scale

Set Design Rev 1



Rejected

Reason for Rejection
Too much rope - cost will be too high
that respect Route choice is to
unusually, condition already visited
in an area already visited



Confusion may be caused
by rope

Set Design Row 2.
Not to scale

Welcome

Hi! I'm Jamie and the purpose of this performance is to give you my interpretation of a few learning difficulties that I experience day to day.

Now quick disclaimer, this is in no way the ultimate way of testing for a disability, if you feel you have the same experience at any of the areas, it might be an idea to get yourself tested to be 100% sure.

Now, you should have been handed a piece of rope. Please don't let go of it, it's your lifeline and your main guide throughout this experience. There will be exceptions to this I guess rule, but I will notify you when they are.

So, if you're ready, I'm ready, All you need to do now is follow that rope and don't let go! I'll see you in the first area!

Dyslexia

Dyslexia is something I've experienced for the longest. At least known about for the longest.

By the way, you can let go of the rope and have a seat if you wish!

Although, the first time I'd found out about it I was told I had Mild Dyslexic Tendencies. I could always read in my head quite quickly, so much so that I put my mind to it, I could finish a book in a day. However, when it came to read aloud I would get stuck and I would start with but the further I went on the slower I became and the more difficult it was to decipher the text.

University was the main eye opener for me. This was the second time I was tested since my initial test. College told me that I had nothing wrong, however Uni was a lot different. After my lecturer strongly suggested I have another test, I found out that I had full on Dyslexia.

They had noticed that I had created workarounds to help hide many of the traits associated with it. This included actively learning how to spell most words properly. This came about because one of the tests you do for Dyslexia is spelling. I got almost every word right first time, but she noticed that I took a little longer than average.

I now have software that I can talk to with a microphone and not have to worry about spelling, however I very rarely use it because I've spent so long getting to where I am with spelling and I don't want to lose this skill. It's a skill for me because I had to actively learn it.

I also try to use a keyboard as much as possible because writing with a pen shows my struggle more and my handwriting progressively gets less legible as a sentence goes on.

Something else I have an issue with is trying to remember trivial things such as people's names. I can remember people's faces really easily, even to the point where I may only have met them once and talked to them once and not see them for a few years.

Same goes for telephone numbers. It took me two days to memorise my home telephone number and three days to remember my current mobile phone number. This is highly frustrating for me because number sequences are used regularly in lighting, see, each light has a number attached to it, this is so that I could shout up to whoever is on the lighting desk at the time and say "I'd like 15 at 25%," for example. However, I have to constantly refer to a lighting plan or an equivalent whereas most people are able to memorise the plan quickly.

Anyway, enough about dyslexia, grab a piece of rope and follow it to the next area!

ADD

Attention Deficit Disorder or ADD, is both one of my favourite things but also one of the most difficult things.

By the way, you can let go of that rope and have a seat if you wish!

One trait of ADD is that you get distracted really easily. For example, there are lights above your head, some in different colours. If I were where you are now I'd have already been distracted by them and already trying to figure out what they were and who made them by their shape and so on. Now imagine they are moving and flashing, my brain would latch onto that because they're shiny and interesting.

Funlly enough, this is how I figured out I preferred technical theatre more than acting. When I was in college, I studied performing arts drama. But the resident technician of the college at the time started noticing that when I was on the stage I would zone out what I was doing and what was going on around me and just stare at the lights. He then approached me after the show and suggested that I shadow him while I was studying drama. He taught me all he knew.

Remember just now when I said I 'zoned out'? Yeah, that happens a lot. This mixed with poor listening skills can become annoying for anyone else fast. No one gets more annoyed than my better half. There have been times where she or someone else has been talking to me and mentions a really important task or point that I really should have remembered. A little while later they would ask if I'd completed or remembered said thing and I'd just look blankly at them. Of course there are times where this does not apply and I remember everything and it's becoming more frequent, however there are still times where it's not the case.

I also have great difficulty focusing or paying attention to things. For example, I'm currently writing this script at home on my computer. It has two monitors, one which has Word on it and the other has a Youtube video playing. I'm not actually watching said video, all it's doing is distracting the part of my brain that likes to distract... if that makes sense. This is one of my workarounds. I actively try to distract myself to achieve the task at hand.

There is an exception to this though. When it comes to lighting and sound, I have found a real passion. So much so that I can sit behind a lighting desk for hours and not once get bored or become distracted by something else.

This is actually really common for people with ADD though. It's called hyperfocus. It's a coping mechanism which only happens when a task or activity is highly rewarding and/or stimulating. Technical theatre isn't the only thing I experience hyperfocus. I also create 3D models and scale models. I could sit there for hours on end. So much so, I'd managed to complete a full-scale model in a day, which is supposed to take months. Same with the 3D models, something that would take someone months to complete could take me a day.

Of course, even that can be the devil in disguise. I can get so focused on the one task that everything else gets completely forgotten. I lose track of time regularly and even house chores can slip behind the sofa because I'm so engrossed.

Anyway, it's time for another topic. Grab a piece of rope and follow it into the next area.

exception to this and it happened quite recently where my other half organised a surprise birthday party where all my friends were there. In total there must have been 15 people in a small house in a small dining room... This would normally have been a nightmare scenario. For the first hour it was, I was shaking and extremely anxious. However, everyone knew this and though tried to guide me into it all, they were also conscious that I could be in a corner for a while. In the end I managed to talk to everyone as a group and play games as any normal person would.

Depression

You can let go of that rope and have a seat or have a walk around the area.

Depression is mis-interpreted often in adults. What I mean by this is that feeling unhappy or down from time to time is a part of everyday life and tends to go away once something exciting happens.

Depression is something I was in no way aware I had until I read my report. This makes sense because I was once told that you don't know you have it until you're diagnosed with it.

I've realised that I get into bad moments with it quite often and know the signs for when they're about to happen.

A form of insomnia is something I get quite often because of Depression. There are nights where I can go to sleep at a reasonable hour, but this can be rare. Because of this I tend to oversleep during the day, to the point where I've once woken up at 3 in the afternoon.

I can also get agitated over the smallest of things and there are times where my temper gets really short and I snap at people who are close to me. It's at this point that another trait can buck its head. Self-loathing. After snapping at people, I then get feelings of guilt and worthlessness. This is common but it takes everything out of you. You start thinking if they're better without you in their life, how can they be happy around you all the time.

There have been times where I have pushed people away because I was scared I'd hurt them in some way or another. Not physically mind you, but I always felt they hated me. I then feel like there is nothing I could do to make things better and don't even attempt to improve my situation.

It takes a lot for those closest to me to break me out of those feelings and moods, they are the only ones who actually know what I go through every day because those that I meet or don't spend as much time with, I tend to put a mask on for.

Time for the next topic I think. Grab a piece of rope and I'll see you in the next area!

Asperger's

Asperger's is something that directly and affects the industry I'm determined to work in.

When interacting with others I have a lack of understanding when it comes to social cues, body language and conversational constructs. What I mean by all this? Let's take the favourite... Sarcasm. Much like others with Asperger's, I find it very difficult to understand when someone has said something sarcastically or is being sarcastic... As a sort of workaround for this I've done a Sheldon Cooper. In the US TV program The Big Bang Theory, Sheldon is on the spectrum and does not understand sarcasm at all. Every time he thinks he detects sarcasm, he asks, sometimes being right but most of the time, wrong.

Same for me, I ask each time and luckily, the few people I socialise with respond in kind. There are times where I don't pick up on sarcasm though and take what has been said literally.

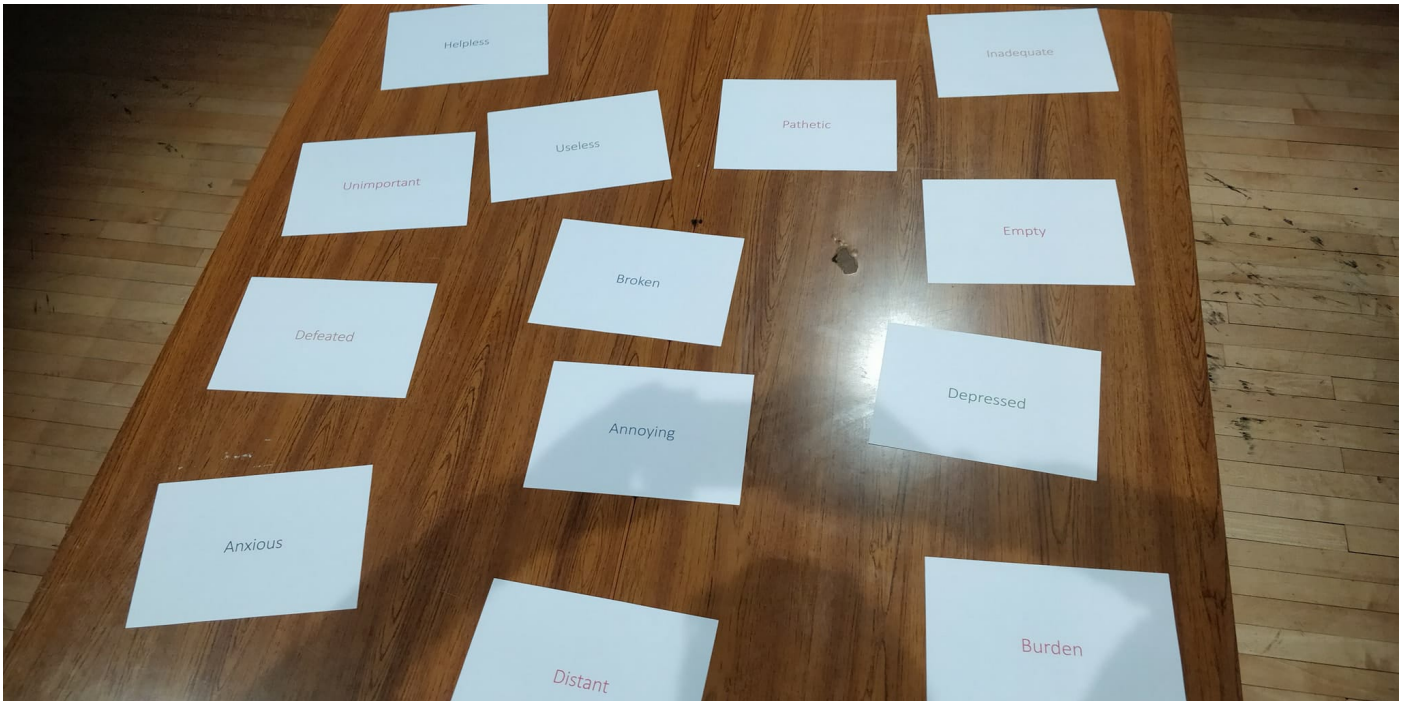
Eye contact is another thing I struggle with. Those that have known me the longest will already know this fact, but some don't and may have never noticed, or may have. I NEVER look people in the eyes... Except one person, my better half. I look at people's lips or just below their nose. I get extremely anxious when people start deliberately searching for eye contact.

I also become very anxious when having to meet a group of people that is more than 4. For me it gets too noisy and I instantly shut down and want to retreat into a corner. There has only been one

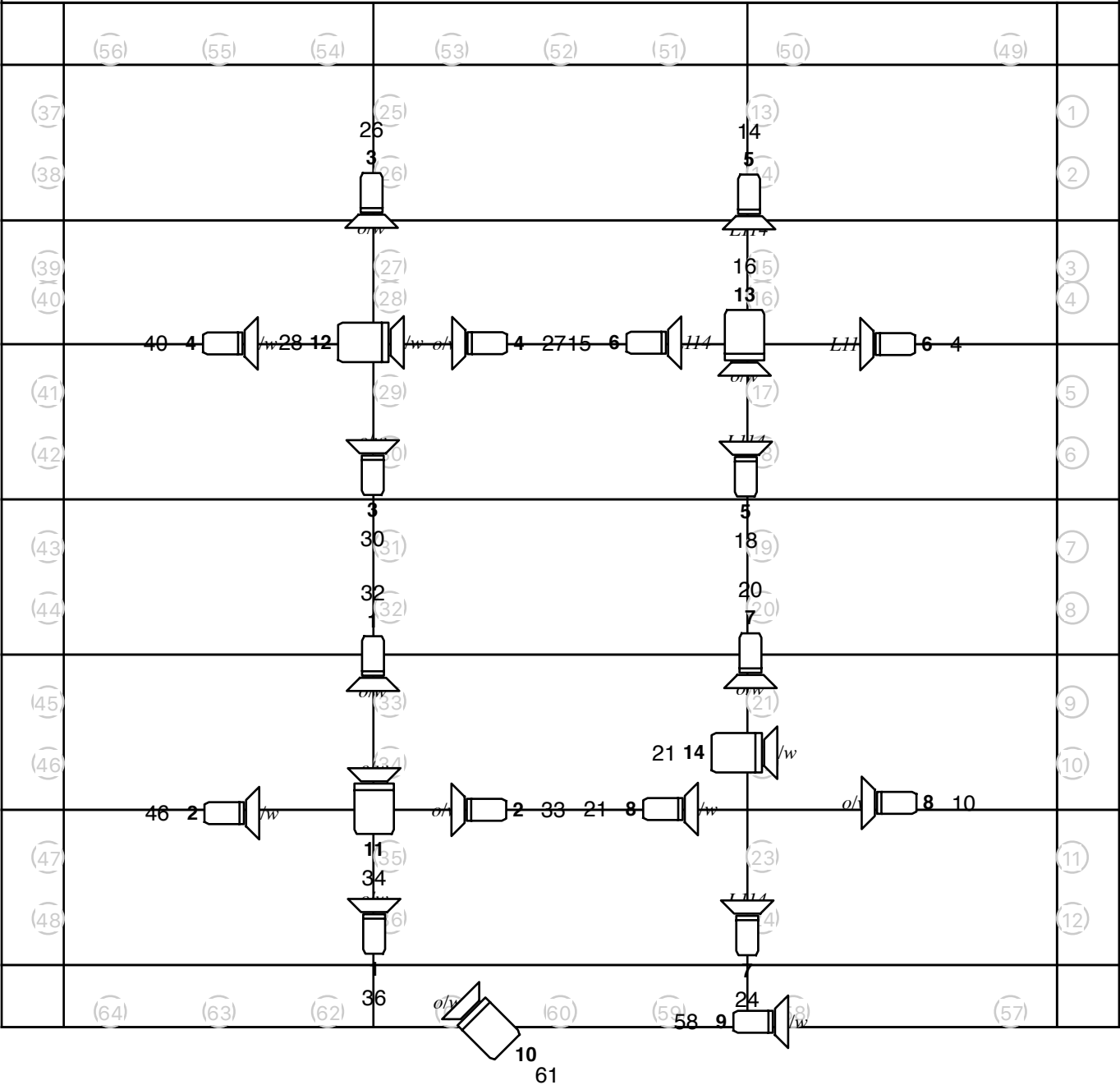








Stage



INFO		Key:  = Selecon Acclaim 1200w Fresnel  = Selecon Acclaim 650w Fresnel
Venue:	Project:	
Townhill Theatre	Experience	
Drawn:	Jamie-Rhys Edwards	
Date:	2018-03-11	
Notes:		

LX Patch List

Channel	Dimmer Address	DMX Address	Fixture	Colour
1	36	1/1	Selecon 650w Fresnel	O/W
1	32	1/1	Selecon 650w Fresnel	O/W
2	33	2/1	Selecon 650w Fresnel	O/W
2	46	2/1	Selecon 650w Fresnel	O/W
3	30	3/1	Selecon 650w Fresnel	O/W
3	26	3/1	Selecon 650w Fresnel	O/W
4	40	4/1	Selecon 650w Fresnel	O/W
4	27	4/1	Selecon 650w Fresnel	O/W
5	14	5/1	Selecon 650w Fresnel	O/W
5	18	5/1	Selecon 650w Fresnel	O/W
6	15	6/1	Selecon 650w Fresnel	O/W
6	4	6/1	Selecon 650w Fresnel	O/W
7	20	7/1	Selecon 650w Fresnel	O/W
7	24	7/1	Selecon 650w Fresnel	O/W
8	21	8/1	Selecon 650w Fresnel	O/W
8	10	8/1	Selecon 650w Fresnel	O/W
9	58	9/1	Selecon 650w Fresnel	O/W
10	61	10/1	Selecon 1200w Fresnel	O/W
11	34	11/1	Selecon 1200w Fresnel	O/W
12	28	12/1	Selecon 1200w Fresnel	O/W
13	16	13/1	Selecon 1200w Fresnel	O/W
14	21	14/1	Selecon 1200w Fresnel	O/W

LX Patch List

Hanging Position	Focus	Accessories
Bar 4	Dyslexia Table	Barndoor
Bar 4	Dyslexia Table	Barndoor
Bar 13	Dyslexia Table	Barndoor
Bar 13	Dyslexia Table	Barndoor
Bar 4	ADD Table	Barndoor
Bar 4	ADD Table	Barndoor
Bar 10	ADD Table	Barndoor
Bar 10	ADD Table	Barndoor
Bar 3	Depression Table	Barndoor
Bar 3	Depression Table	Barndoor
Bar 10	Depression Table	Barndoor
Bar 10	Depression Table	Barndoor
Bar 3	Asperger's Table	Barndoor
Bar 3	Asperger's Table	Barndoor
Bar 13	Asperger's Table	Barndoor
Bar 13	Asperger's Table	Barndoor
Bar 15	Ramp	
Bar 15	To Dyslexia Table	Barndoor
Bar 4	To ADD Table	Barndoor
Bar 10	To Depression Table	Barndoor
Bar 10	To Asperger's Table	Barndoor
Bar 3	To Ramp	Barndoor