

There are lots of different ways to describe how a person's brain works.

Sometimes these words and ideas are chosen by doctors and allied health professionals. Some people feel like these words describe them well, but other people don't like them.

I didn't like the ways that doctors described my brain, so I found other ways and words to use instead. It was a long journey, but I now feel comfortable with myself.

### Questions:

Do you like the way you currently describe your brain?

Would you like to change the way you describe your brain?

What does your description say about your values and beliefs?

What do you wish other people could understand about your brain?

Have you always thought about your brain in the same way? Has it changed over time?

What people have given you new or different ideas about how brains work?

# In my own words

My experiences of describing my brain

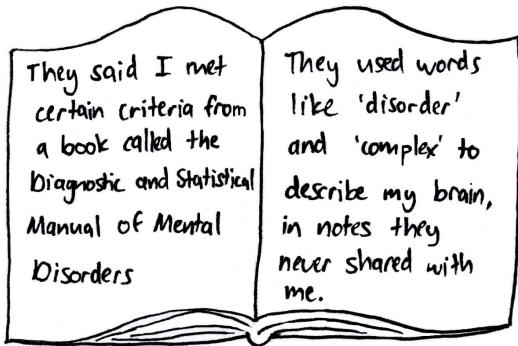


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When I was younger, doctors told me I was mentally ill.



They gave me a long list of labels of what was wrong with my brain and how to fix it.

I was  
lost  
confused  
scared  
lonely  
angry  
unsure

The labels didn't match my experiences.

I found my own words.

At first, I wrote poetry. So much poetry. Pages and pages meant for Only my eyes and my thoughts. Ideas and words flowed as I explored My inner workings.

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Then I discovered people online with experiences very similar to mine. These people had varied ways of describing their brains. Some were similar to what doctors had told me, but others were completely different.

I discovered ideas and movements like:

Hearing Voices

Mad Pride

Multiplicity

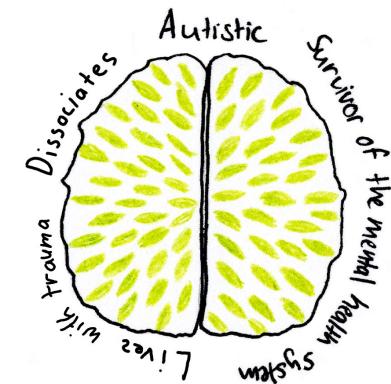
Psychiatric Survivors

Neurodiversity

Disability Justice

Social Model of Disability

I now feel confident in the way I describe my brain. I've taken ideas from others to create a description that will be ever evolving and changing.



I understand myself now. I like myself. My brain is doing the best it can in difficult circumstances. It is not disordered or broken, just different. There is a community of people with similar experiences and ideas.

If you could describe your brain in any words, not just what other people have told you, what would they be?