**What’s it like being Autistic?**

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**Chris:** Well, the one big strength of autism is diversity. The spectrum is so beautiful. Y’know, the diversity of the spectrum itself. It has its really good strengths, but it can also have its weaknesses in getting around life. Things like when you’re trying to find relationships and just trying to belong and know where… where you fit.

**“Miss Right” by Chris Erickson (2022) (Chris’s music)**

Performing arts is my strength area. It’s what really makes us what we say as ‘insanely passionate’.

**(Chris’s music)**

Being on the NDIS, for me, helped me to achieve my first beginner EP album, which I’m so proud of because music is also a part of helping me to express who I am because music is so good for autistic people, because it does heal.

**“Different” by Chris Erickson (2022) (Chris’s music)**

I’m doing so well on the NDIS because it just shows music and what’s in me as an autistic person.

**“Different” by Chris Erickson (2022) (Chris’s music)**

If you know where your goals are on the NDIS, there is nothing you can’t really achieve.

**(Chris’s music)**

There is so many possibilities or goals, (Chris and his musical inspiration, Delta Goodrem) putting yourself out there in the world and not really hiding away. Because hiding away is not the way to deal with it. We shouldn’t be afraid of who we are and look, yknow, we should stand up for ourselves and be proud. You know, we are who we are and there is nothing wrong with that.

**(Chris’s music)**