

## Project Description

Telling your story can feel vulnerable, but it's also an empowering and validating act—one that's often deeply helpful to others. We're collecting comforting, insightful, sustaining stories from Autistic adults to create an Autistic "Chicken Soup for the Soul"-style resource that will uplift and empower readers. Do you have a story that imparts life advice, words of comfort that you believe would be helpful? Maybe you can offer some humor or an expression of camaraderie, or an experience that could be relatable and ultimately uplifting. We are asking contributors to consider a time in their lives, an impactful experience, or something they learned that has enabled them to survive, find peace, or thrive, and write to that audience. Stories will be edited and developed by Dr. Jennifer Brunton and Jenna Gensic under the content direction of each contributor.

## Submission Format and Editing

- Stories can be submitted via the contributor Google Form, email, shared Google doc (or other shared doc), or audio recording. Please indicate how you are submitting on your [Google Form](#).
- We are open to a variety of different forms and styles as long as they lean more narrative and don't have an overtly instructive/how-to approach.
- We reserve the right to edit for length, spelling, grammar, and clarity. We are committed to work with each contributor under their content direction to ensure all meaning is preserved.

## General Guidance

- Be specific (describe a specific incident/experience if possible, or a clearly related collection of experiences, if relevant).
- Have a clear beginning, middle, and end.
- Describe your thought process and emotions throughout.
- Use a narrative style (avoid a "how-to" tone).
- Consider how you can begin in an interesting way or put the reader in the middle of an action or thought.
- Word count (flexible but no longer than 1,200 words).
- Submissions can be typed or audio recorded and submitted as described above.
- Deadline: April 2027.

## Story Prompts (optional—just to get you thinking)

- Describe a time when you were able to fulfill an artistic, educational, personal, or other type of dream. How and why did that come about?
- Tell a story that encapsulates your life philosophy.
- What do you have faith in? Describe how this faith—which doesn't have to be religious or spiritual, but could be—has gotten you through a challenge or brought you joy.
- Words of wisdom: Did someone ever say something to you (or did you ever hear/read a phrase) that stuck with you over time as deeply supportive and/or insightful?
- What is an example of a time/situation in your life that you felt isolated/dismissed/rejected because of a lack of understanding of autism? How did you make your way beyond this experience?
- What is something about your identity/who you are that you enjoy, but the world around you doesn't embrace/appreciate? How do you retain that self-appreciation?
- Tell a story from your life where you became acutely aware you were neurodivergent. What happened and how did you feel? Was there something that affirmed the value of this difference?
- I feel like I am a role model in \_\_\_\_ (a profession, skill, personality trait, way of life, etc.). Here is how I got there.
- I like \_\_\_\_\_ about myself. Here is how I got there.
- What skills/convictions do you build up, share, and celebrate?
- Was there a moment in your life where you felt deeply welcomed as your whole self and were thus empowered to express your needs, feelings, and/or skills in a fruitful way?
- What is innate to the ND (Neurodivergent) community and/or your ND identity that helped you get where you want to be?
- What role does spirituality or religion play in your life? Do you have any specific experiences that are especially memorable or meaningful?
- When things get difficult, what keeps you going (or how do you keep going)? Can you share a specific story that illustrates this?

## Sample

(Coming soon!)

## Compensation

We would like to offer you exposure via link and resource sharing along with your story. Please share any links or resources you would like us to promote in your submission form. Contributors will also receive an e-book copy of the book after publication, pending the publisher's approval.

## Privacy

You choose if you want to fill out the survey or not.

The Google Form contains a consent section that must be signed by typing your full name. As indicated on the form, typing your name means you consent to the privacy and content permissions you granted within your form submission. We cannot use any of your content without this permission.

**\*IMPORTANT\*** We ask for your email address. We need this information so that you can let us know if you are ok with how we use your words in the book or if you want to change them. This information will be kept private—it will NOT be included in the book or be used for anything else.

We will make every quote ANONYMOUS unless we have your clear permission (in the Google Form) to use your name. This means your name and identifying details (if you choose to fill these out in the survey) will NOT be in the book unless you tell us you want them to be. If you want people to know who you are, we will put the name you want to use with your quotes and include it (and any personal social media or website you want to give us) in a list at the end of the book so others know about your work.

We may also want to use some of your quotes to tell people about the book on our social media or websites. If you are not comfortable with this, please tell us to not include your quotes and/or name when we tell people about the book in the "Promotion Preferences" section in the Google Form.

Lastly, we won't ask you to tell us any details of your diagnosis, but please do NOT fill out the survey if you are not in the Autistic community!

## Help

Feel free to reach out to us with any questions!

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