Everyone Is Diagnosed Frequently

I have a diagnosis of autism. A diagnosis is an opinion about what is making a person feel sick, or causing a person to have difficulty. Most people have many diagnoses in their lifetimes.



Having one or more diagnoses – at one time or another - is a part of life for people on Planet Earth. It would be very, very, very rare –maybe even impossible - for a person to go through life without a diagnosis.

[©] Carol Gray, 2013. Exclusive and restricted permission is hereby granted to print the Stories and activities in The Social Story Sampler for use with an individual or small group in a home, educational or clinical setting. May not be copied or used in presentation, or for financial gain. All other rights and restrictions apply.



Most people have more than one diagnosis. This is Clark. He has been diagnosed 14 times with a cold, 8 times with the flu, four times with strep throat, twice with a sprained ankle, and once each with pneumonia, tendonitis, a broken arm, attention deficit disorder, dyslexia, tonsillitis, and appendicitis. His family and friends think he's a pretty healthy guy. They're right; he is.



Sometimes people think that only people *without* a diagnosis are normal. This is a common mistake. One meaning of the word *normal* is that which is average, typical, or usual. Since most people are diagnosed with something frequently, having a diagnosis is really quite normal.





I have a diagnosis of autism. Many others do too. In the United States, one estimate is that there are about 863,636 children diagnosed with autism. Of course, some of them may have other diagnoses too, from colds to broken toes to near-sightedness. The list of possible diagnoses is very, very long.

We are learning more every day about diagnosed illnesses and conditions. Doctors and researchers are looking for cures, medicines, and/or better equipment or therapies. At the same time, it is likely that those doctors and researchers are handling one or more diagnoses of their own!

It's normal for people to be diagnosed. I'm diagnosed with autism. It's likely that in my lifetime I will have many other diagnoses, too. That's life on Planet Earth.