

Your “Normal”, Someone’s Dream

What are your “normal” days like? Did you know there is someone who dreams about your “normal” life?

I liked dancing and studying since I was little. All of my free time went into dancing or learning. Everyday was fun, and there were no problems. Suddenly, those happy days were robbed after only two weeks after I entered my dream high school.

All of my body got red, started to dry, and a serious pain attacked me. I became unable to stay in school all day, unable to walk to school, and ultimately, even unable to get up. I would pray, “God please, give my normal days back. I just want to walk to school with my own legs and study like everyone else does.” Unfortunately, that wish did not reach anyone. No one could understand what was wrong.

One day, at the doctor’s office, I was suddenly told that I was suspected of having Anhidrosis. One week later, I went to the Tokyo Medical and Dental University Medical Hospital for hospitalization, being far away from my family in Yamagata. Every night, I felt loneliness struggling against my disease. I cried and cried in despair. At last, I was diagnosed with Anhidrosis.

After being diagnosed with Anhidrosis, I witnessed that everyone around me lives with their own different “normal”. The “normal” life of a boy of the same age as me wearing a knit hat and walking along the wall with a drip in his arm. The “normal” life of a man who has difficulty with walking straight. The “normal” life of an old woman who cannot breathe

well. I was so surprised at their acceptance towards their own illnesses. I was inspired to accept my own illness, even though it was hard. That was the first moment when I noticed that my previous “normal” days were someone’s dream.

I went back to Yamagata, having a strong will to understand more people than I used to. My classmates also started to try to understand the difference between me and them. I felt so relieved because before, I couldn’t apply any medicine when I was in class. It has become easier to concentrate on treatment since everyone has accepted me. My condition has dramatically become better and better.

In Japan, people tend to ignore and avoid disabled people. They even hesitate to talk to them on the street. Japanese people tend to see them as different, and exclude them from mainstream society. However, outside of Japan, people with disabilities have been treated as humans who have the same rights. For example, society uses the term “people with disabilities”. This is because they emphasize the person rather than the disability. Honestly speaking, I also couldn’t accept myself having an illness; I thought that it was not normal. But now, through my experience, I finally realized accepting disabilities is completely normal. That acceptance and understanding from people is what people with disabilities dream of.

As stated by Reverend King: “We must accept finite disappointment, but never lose infinite hope.” Many people with disabilities think the same thing. In my opinion, the first step is to make people understand that everyone has a different “normal”. In this world, there are not only people with healthy lives, but also with disabilities. I believe there will be a time

where people with disabilities will be able to live with support and acceptance. [566 words]