

— Exploring - Diagnosing - Enriching —

THE N WORD?! BOOK SERIES Pt. 1

25 INDIVIDUAL N'richment Narratives Detailing AN INSPIRATIONAL 30-YEAR CASE STUDY OF THE Neurodivergen+ SuperPower!

▸ A TECH – Based Resource Building N'richment

Services + Tools + Products

▸ Written & Designed By: Huemility Afupaymiii

Researched & Developed By: DeNasha S. Harris Edited By: Janae L. Morris

The iiiNWord?! Pt. 1

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This Book Is Not Just A Good Read,

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This book is a memoir. It reflects the author's present recollections of experiences over time. Some names, characters, places, and identifying details have been changed to protect the privacy of those involved.

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Dedication!

This 3-part book series is dedicated to the many neurodivergent *men, women, and children on planet earth & beyond. Because by now, I'm almost certain that far off places in our galaxy are benefitting from powerful advancements made possible by those under the "iiiNbrella" of neurodivergent identities, albeit–*ADHD, Anxiety Disorders, Autism, Bipolar, Depression, Dyscalculia, Dyslexia, Dyspraxia, Intellectual Disability, Obsessive-Compulsive Disorder, PTSD, Sensory Processing Disorder & Tourette Syndrome!

My will is that every neurodivergent person locates the superpower within their neurological gifts wherever possible everyday and use it to enrich themselves & society. To inspire the neurodivergent mind by this sort of thinking, it is my sincerest desire that the 3-part book series you are about to embark on serves as a ***service*** *+* ***product*** *+* ***tool*** *used to enhance neuro-enrichment in all ways positive.*

I feel strongly the iiiNWord?! books will teach that neurodivergents are not less than despite the many trials & tribulations, which often comes with being one of God's most beautiful designs who possess so-called neurological flaws making us not typical. It is from people with minds such as the neurodivergent that the most beautiful aspects of our world are dreamed up, built & enjoyed.

From these aspects, advances within the Arts, Spirituality, and the Sciences are born according to historical accounts that prove the neurodivergent mind has made meaningful contributions to the human experience!

So, remember...neurodivergent gifts are not handicaps but access points to ***SUPERPOWERS*** *waiting to be utilized through various enrichment experiences that have shaped & advanced our world. And the iiiNWord?! book series is meant to be a piece of tech that will inspire your* ***SUPERPOWERS!!!***



Introduction!

Thumbs UP To you!



***Y**a made it past the jarring title of this awe-inspiring 3-part book series!*

Yeah, you likely figured out that the euphemism that I chose to name this book series is a clever marketing idea used to grab your attention.

Now, if for some reason you didn't figure this out, I'll explain.

The term "iiiNWord?!" is a noun born in the 80's that does NOT truly mean neurodivergent by definition, it's a quaint substitution for the old racist word– "nigger" or "nigga" if we talking Hip-Hop music terminology–LOL...*right?!*

But humor aside, the N-Word, when used in the traditional racist way, has & shall likely never be a laughing matter. However, it is my intention to channel the notoriety of the N-Word as a sort of "triple entendre" in effort to shed light on another provocative N-Word...

Neurodivergent?!

By spending years exploring, diagnosing & enriching the neurodivergent, I discovered that if directed in positive ways, this version of the N-Word could be used to draw tremendous attention to the superpowers that many neurodivergents naturally possess!

Importantly, both N-Word variations, albeit the neurodivergent N-Word, or the racial slur euphemism N-Word, resonates with my being due to the fact I have 50 years of dramatic experience dealing with both angles. These novel-worthy trials & tribulations have debilitated me in various ways due to where I grew up and within the generation I was raised. Let's briefly go over the two variations for the sake of extreme clarity based on my opinion and lived experiences.

N-word no.1 –"neurodivergent"– is a mixture of DNA & social trauma + impact that affects the mind in a way making processing thoughts non-typical, which often leads to ostracization within society but can yield advantages.

N-Word no.2 –"nigger" or "nigga"– was casted upon the African American race as to sub-humanize & hinder their state of mind and self worth, which in many cases has brought suffer that creates inferiority & injustice.

Definitely, I struggled with the duality of carrying the traits & stigmata of both N-Words. But during my young adult years, I would find that there are beautiful superpowers within being neurodivergent & African American. However, I find the benefits of the neurodivergent N-Word far outweigh the other N-Word despite not accepting earlier indication and seeking diagnosis.

Earlier in my life while attending a private school for gifted children, I was told by the fancy school's psychiatrist that I suffered claustrophobia from OCD & anxiety. Honestly, the diagnosis scared me. It was like being told I was crazy, mentally ill like Michael Meyers in the horror film, *Halloween* or Jack Nicholson's character in the classic movie, *One Flew Over The Cuckoo's Nest*. So I simply shut down during those invasive mentally uncomfortable counseling sessions not soon after they began. In my young, ignorant mind, those neurodivergent labels were "***white people diseases***".

I refused to accept the labels out of fear. Because coming of age in New York during the 70's - 90's, young "black people" like myself from the hood or "ghetto" per say, would be deemed crazy, targeted for bullying, and socially outcasted if you got the reputation for having anything close to a neurodivergent identity linked to your name. Having words like "killa", "dawg", "monsta", "gangsta", "blood", or "ice-something" would've been far better.

The irony.

So for nearly five decades, I detested the idea of having ANY neurodivergent identities connected to my person. However, as fate would have it I've come to embrace them.

For a while, the challenging traits I possess that came via the neurodivergent N-Word had a disabling effect on my total wellbeing just as the other debilitating N-Word.

But once I discovered that the neurodivergent traits of cPTSD (complex post traumatic stress disorder), OCD (obsessive compulsive disorder), and Anxiety have superpower-type energy when used in constructive ways & situations, the pride of possessing them has grown within me, which sparked my desire to share how these powers have hindered and helped me & others.

Learning this fact made me very intentional at directing those powers accordingly. And today, I have amassed an invaluable resume of times when I've enriched myself & brought enrichment to others within many spaces amid the world, which is detailed in the 3-part iiiNWord?! series.

And by diligently embarking on a literary journey through an epic **30-year timeline that covers my most personal enrichment experiences**, the reader can have total access –a clear vista peering inside multiple narratives told within three books beholding case studies detailing how I learned to harness my neurodivergent superpowers, thus enriching myself, other individuals, businesses, and communities.

Ultimately, the iiiNWord?! series provides great clarity describing a neurodivergent's capability–the potential to harness superpowers that exist within many of the labels describing N-Word human beings–those known as–

Neurodivergent+?!

A Vital Fact Before Diving Into The iiiNWord?!

Before you dive into this installment of the iiiNWord?! book series there's one aspect necessary to highlight. Each narrative case study connecting the enrichment experiences of my life are all written in **3rd person**.

So why is this fact vital?!

While researching ways to best craft the iiiNWord?! to benefit the neurodivergent mind, I found that my propensity for writing in 3rd person is due to how it affects me neurologically. Writing in 3rd person gives my mind the ability to revisit difficult moments, study what happened around the narratives & turn my lived experiences into something useful for others without over-focusing on me when scripting personal enrichment situations.

My research went deeper surrounding the topic and I discovered "self-distancing", which supports the aspect of utilizing a 3rd person perspective. By reflecting on personal events from a more removed perspective such as 3rd person, doing so can reduce emotional reactivity and help people organize meaning around difficult memories. *(PubMed Central (PMC))*

Writing in 3rd person eases my neurodivergent mind

- Writing from 3rd person gives my nervous system some breathing room: *With cPTSD, hyper-vigilance & anxiety, certain memories can still carry weight. Referring to myself by my actual name, Huemility, throughout each narrative creates enough distance to better write each case study without feeling as though I have to completely step back inside of it, which could activate depression.*

- Also, the effect of 3rd person writing turns watching into observation: *My mind naturally scans thoughts of past environments, people, behavior & possible outcomes. And 3rd person writing gave my ever-wandering mind the ability to zoom in on the factors within the narrative with a focus that sees elements of the total picture creating more robust, fuller writing, which speaks to multi-dimensional concepts making each case study substantially greater giving the reader more depth and ways to conceive the context around my writings in a broader sense.*
- 3rd person makes organizing the noise of writing the complex themes within the iiiNWord?! more tolerable: *Complicated experiences become easier for me to study from a 3rd person perspective as to better shape what I know happened in each of the iiiNWord?! installments… ➜ what I noticed about the people involved & the environment they were in ➜ how I responded to their enrichment needs ➜ what followed ➜ and the lessons I learned from the entire case study of enrichment. Overall, the more complex my narratives are raises the potential for cognitive distortion. That's been a real problem for me as a writer. But scripting in 3rd person has changed my former writing style that often lead to wordy, poetic and/or eclectic passages full of redundancy & grandeur about matters that clutter the narrative theme entirely.*
- Opting to implement the 3rd person way of chiseling out each of the iiiNWord?! books kept everyone in the picture: *The experiences you'll read about within this 3-part series were rarely mine alone. The individuals, habitats & circumstances surrounding each case study deserves space in the story too.*

- Helps me recognize the "*superpower*" inside each of the neurodivergent traits mentioned in the iiiNWord?! series: *I found this fact while crafting these works. Something that can become a hindrance in one case study setting can sometimes be redirected toward something else constructive. In the iiiNWord?! books, I mention how my hyper-vigilance supports risk awareness. Intense focus supports how I problem-solve. A strong need for order helps me to create structure. How pattern recognition fuels my creativity & design planning. All of these aforementioned elements are aspects of my natural neurodivergent superpowers, for which I was able to more easily convey placement due to the 3rd person style of writing.*

How does writing this book series in 3rd person help neurodivergent readers focus better?!

The information I gained from my research & development partner while building the iiiNWord?! series showed that neurodivergent readers are not one uniform group that all could fair better cognitively from reading narrative drafted in the 3rd person writing style.

Autistic adults have reported gaining perspective-taking and social-learning value from narrative-based reading such as the method that the iiiNWord?! series possesses.

Other studies show how making relationships, references & inferences clearer in literary writings can support comprehension for some autistic readers.

And the 3rd person methodology applied within the iiiNWord?! books narrative structure that threads relationships throughout each case study allows multiple story layers to occur where the main character role changes to build a clearer more cohesive collection of narratives.

By keeping the main character central and as an underlying thread within all case studies by using the 3rd person writing style, those with ADHD fair better while reading the iiiNWord?! series. Additionally, the ADHD research data suggests that comprehension can become harder as working-memory and narrative-processing demands increase. (PubMed)

- Writing in 3rd person keeps the story balanced for neurodivergent readers: *Telling stories via 3rd person ensures all of the individuals, habitats & circumstances explained inside of the iiiNWord?! narratives remain visible instead of everything being filtered through one narrator.*
- Neurodivergent minds can easily follow stories told from a 3rd person perspective: *The 3rd person style used to build each case study makes separate character reactions sit evenly beside one another, showing the reader how the same event can make characters feel completely different, which keeps the valuable reader focused on the total iiiNWord?! enrichment experience.*

- By using a 3rd person layout the iiiNWord?! series creates opportunities for neurodivergent inclusion & recognition: *The use of 3rd person narrative writing allows the main character and other characters to share the main role evenly, which makes for their superpowers deriving from trait such as anxiety, sensory needs, hyper-vigilance, confidence struggles, creativity, communication differences and unconventional learning to feel familiar to fellow neurodivergent readers even when the experiences outlining a particular case study may not.*

My sincerest hope is that this 3rd person writing style gives neurodivergent readers enough distance from an autobiographical account. This helps this type of reader to better interpret the superpower view held by the main character providing psychological safety while they read each enrichment experience I share evenly with other characters mentioned in the series.

Overall, the 3rd person effect has the scientific ability to draw neurodivergent minds into the stories close enough that they easily recognize their own neurological abilities, struggles & "superpower possibilities", thus being inspired by these narratives and not neurologically suffocated by the excessive use of I, me, etc.–traits of 1st person style that could produce an adverse reading experience in some neurodivergent readers.

So, without further delay,

have a safe neurodivergent journey into the 1st book covering Individual Enrichment & toward being inspired from Exploring, Diagnosing, and Enriching the...


iiiNWord?!

Individual N'richment Case Studies

Case Study #1 - High School Student:
1993 – 1997

(H. Afupaymiii / Roosevelt Jr. - Sr. High School - Roosevelt, NY / Nassau BOCES Cultural Arts Center - Syosset, NY)

Coming of age in New York during the early 1990s, Huemility Afupaymiii grew up in the deceivingly safe suburban town's of Hempstead & Roosevelt Long Island in the thick of the crack and cocaine epidemic.

Both towns produced safe living zones contrasted by hidden horrors of visible drug dealing, street violence, gang culture, and a media landscape increasingly filled with violent films, music & video games.

For a teenage Huemility, those captivating influences were not distant cultural references. They formed part of the environment surrounding his adolescence—particularly to Huemility's time in Roosevelt—the small but dangerous town he barely survived in, which was a densely packed community nearly 90% African American *(1990 U.S. Census, "Sex, Race, and Hispanic Origin," Roosevelt CDP, New York)*.

If a trained professional had diagnosed him during this time in his life, they would have confirmed Huemility's powerful neurodivergent behaviors that later prove instrumental in the many positive enrichment experiences & companies built with neurodiversity in mind he was destined to *iiiNnovate* into reality and lead, such as HAi—a holdings company. But those positive instances would seem highly unlikely for many years.

Raised in a toxic home stained by the devastation of AIDS *(acquired immunodeficiency syndrome)*, paternal absence, and a mother who suffered from a host of neurological issue, the chronic environmental stress grossly contributed to Huemility's cPTSD *(complex post-traumatic stress disorder)*, OCD *(obsessive compulsive disorder)* severe hyper-vigilance, and a tendency to hyper-regulate or overcompensate in order to create safety & control.

In everyday life surviving in Roosevelt, those patterns exhausted & ultimately laid the ground work for Huemility's ability to convert is neurodivergent traits into superpower that would ultimately yield to him being "an unlikely iiiNnovator" of many tech-based advancements enriching Individuals, Businesses & Communities.

So, when it came to attending Roosevelt Junior - Senior High School this meant Huemility's neurological challenges would be harder to manage amid a setting where simply getting through the day could demand constant distractions from his studies and regular confrontation with unruly juvenile delinquents.

Violent physical and verbal bullying became part of that reality. At one point, Huemility was targeted by a violent gang while on school grounds where he was shot at & grazed by a bullet. On another occasion, Huemility was physically assaulted without provocation by members of the Varsity football team. Those menacing young African American teens were physically built like adult men could have killed Huemility and likely suffered from neurological challenges as well but were never diagnosed.

Had these teens been provided the tools of medical care, diagnosed and treated accordingly, likely these types of serious assault perpetrated against countless students might not have happened.

Physical & social survival at Roosevelt Jr - Sr High School developed its own unwritten rules within the seemingly quaint suburban school similar to inner-city learning institutions. Crowded hallways, mysterious stairwells, judgmental crowds of rowdy teenagers meant subtle changes in someone's demeanor put Huemility in a state of constant guard.

Much of Huemility's mental energy that should have gone entirely toward learning was therefore, divided between subpar academics and safely making it to his broken Crack & HIV devastated home alive. Still, not all hope was lost for the stepson of a deceased Vietnam veteran amid those environments.

One person at Roosevelt Jr - Sr High School provided consistent encouragement & enrichment helping Huemility recognize qualities in himself that mostly went unnoticed amongst everything happening around him. And that person was a long time art teacher named... Jeff Pullen.



Art Instructor, Jeff Pullen

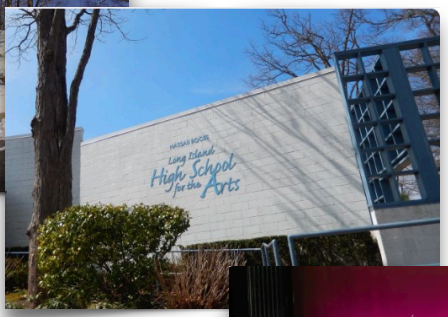
Unlike most staff at Roosevelt Jr - Sr High School back in the early 90's, Jeff Pullen was a teacher who always connected with every student he came across. The art teachers classroom door was always a place of welcome and counsel, never judgement. And this was absolutely key for a fatherless Huemility. Jeff Pullen was a role model that he could confide in.



Complimenting that sentiment, Jeff Pullen thought of Huemility as a highly INTUITIVE, IMAGINATIVE, and INTELLIGENT student dealing with social issues at home & inside the turbulent school. So, after years of Huemility expressing and showcasing his social troubles,
Jeff Pullen worked diligently to facilitate real options intended to guide young Huemility
toward a healthier educational setting than Roosevelt Junior - Senior High School.

Eventually, that social option became available and led Huemility to the **BOCES Cultural Arts Center** in Syosset, New York, and as of 1993, the Arts Center became Long Island High School for the Arts.







Eventually, that social option became available and led Huemility to the **BOCES Cultural Arts Center** in Syosset, New York, and as of 1993, the Arts Center became Long Island High School for the Arts.

After reviewing his portfolio before enrollment, the Cultural Arts Center awarded Huemility a full scholarship to attend the prestigious institution as a full-time student. Much to his relief, the town of Syosset & the BOCES program brought soothe to Huemility's neurodivergent mind.

In an arts-centered environment where his creativity was recognized, the young, naturally gifted graphic artist who was born blessed to work in nearly any artistic medium, began experiencing sudden social acceptance, which quickly built confidence that had been difficult to establish in the hardened town of Roosevelt.

Constant encouragement daily at the Arts Center stemming from positive-minded teachers & gifted students alike, planted a seed of enrichment that would become important later in Huemility's life as an enricher of individuals. Receiving meaningful support endowed Huemility with the understanding of how powerful it could be to provide that same kind of enrichment to others, such as friends within his community back in Roosevelt, which was a non-existent concept to Huemility at the time.

Yet, the confidence blossoming in Huemility at the Cultural Arts Center harshly contrasted with the reality at home.

After spending months in a rich social-learning environment where his talent, unique personality & instant popularity made him feel valued like never before, Huemility would have to return daily to a broken household in a community that didn't appreciate him at all. And this contrast would negatively affect the emotionally over-stressed teenager.

Eventually, Huemility would grapple with feeling as though his overall needs, abilities & human importance were not recognized and celebrated in the same way at home & inside the social demoralizing community of Roosevelt as it was in his new school environment.

The BOCES Cultural Arts Center appeared to appreciate Huemility's value and would help facilitate the potential for art scholarships to various colleges & universities such as Briarcliffe, Fashion Institute of Technology (FIT), and Rhode Island School of Design (RISD) that he was slated to choose from & attend in the upcoming year.

For a fatherless adolescent already carrying the effects and signs of PTSD & depression from violence, bullying, attention difficulties, and chronic anxiety, moving between those two realities created tremendous pressure & imbalance in Huemility's neurodivergent mind.

This cocktail of imbalance manifested in Huemility's life a recipe for disaster. His neurodivergent behavior and survival responses shaped in one environment did not always translate successfully into the standards expected in the other, which ultimately led to an incident involving Huemility being expelled for disorderly conduct from the Cultural Arts Center.

It would only take a single emotional outburst while at school from an immature neurodivergent young man yelling his internal frustration–stemming from a build up of social pressures experienced at the school and home life–to derail Huemility's educational opportunities in a flash.

Huemility's inability to deal with his neurodivergent mind at the time, while on school grounds, inspired the rigid institution to pass swift judgement against him all at once because he violated the Art Center's extremely strict code of conduct. Apparently, the young male minority would receive no consideration as was the case for many other minority students who attended the institution from impoverished communities within that timeframe, since nearly all were expelled that year for similar disciplinary infractions likely involving the neurodivergent traits.

Being ousted from the Cultural Arts Center carried more weight than Huemility simply losing an academic placement at an institution.

It meant to him suddenly departing a Shangri-La—a Xanadu where he had felt the emotional / mental warmth of social acceptance & self-confidence.

With that pathway gone and the social structure & support that had briefly pulled Huemility in a positive direction, the depressed teenager eventually dropped out of high school altogether. Just like that, Huemility began slipping back into the very patterns and influences he had thought were behind him, *but far worse!*

Huemility quickly became the energy of the deplorable part of the Roosevelt community he had once dodged. And what followed became the defining turn in this story of an enricher who was enriched by particularly harsh school experiences & would ultimately build a tech-based enrichment holdings company that would acquire **Service** + **Tools** + **Products** to enrich others.

Years after returning back into the rough community of Roosevelt as a high school dropout, the suburban New York town eventually offered reminders to a maturing Huemility that where someone started did not have to determine where they finished in life.

This was a fact that Huemility was aware of via people connected to Roosevelt and the surrounding community including Rakim, EPMD, De La Soul, André Brown (The Original Doctor Dré), Eddie Murphy, Howard Stern, Julius Erving (Dr. J), Charlie Murphy, Chuck D & Flavor Flav of Public Enemy, Method Man of Wu-Tang Clan, Keith Murray, Prodigy of Mobb Deep, Busta Rhymes + Leaders of the New School, Mariah Carey, Gabriel Casseus, John Mackey & more. These notable individuals went on to succeed in entertainment, athletics & media, instilling a reference in Huemility's mind that success beyond Roosevelt and the surrounding community of Long Island, NY was attainable.



So, rather than allowing the label of dropout to become permanent, Huemility made a fateful decision one day in 1997, when he enrolled himself into the troubled Roosevelt Junior Senior High School at the allowance of school superintendent, ***Dr. Will Singleton***.

The very stern man who was serious about education & student discipline took a chance on Huemility–age 20 at the time–to continue his **educational enrichment** with a focus on gaining a diploma.



And it was during this time of great maturity & cold-street experience that Huemility realized the lessons shown him by life.

More importantly, the enrichment that was poured into Huemility by his past teachers, school officials, various mentors & other caring individuals inspired him to think positively and take accountability for his actions if to determine his reality. Because of his awakening, the future president of HAi decided to deal with years of poor social growth & disappointment and chose to enrich himself by enduring roughly eight months of mentally & emotionally challenging coursework at the dangerous high school.

In addition, Huemility had to face attending summer school as to graduate and receive his high school diploma working a part-time job if to pay rent at his mother's strict home. Nonetheless, Huemility would gather the mental strength to balance different subjects at diverse grade levels while pursuing the credits necessary to enrich his future in society. However, returning at an older age brought added pressure to Huemility, since both students and some teachers alike would snicker & laugh at Huemility's desire to pursue his education so late in life.

Nevertheless, amid the pressures of undertaking this level of self-enrichment, Huemility psychologically struggled but stayed focused on his school work while managing the emotional strain and constant pressure to keep moving forward despite the neurological & environmental challenges of the undertaking. And by June 1997, Huemility graduated from Roosevelt

Junior - Senior High School, thus successfully enriching himself as he had set out to accomplish. In Huemility's reality, the high school diploma represented surviving serious self-esteem issues & emotional abuse in the forms of social ostracization, systemic racism, and extreme bullying, but by recognizing & accepting enrichment from others when offered would be his light through it all.

Despite receiving his high school diploma three years late, the permanent effects of being emotionally malnourished did not disappear with graduation. Instead, Huemility, experienced a rise in the effects of cPTSD & depression associated with what he endured, which was responsible for lasting hyper-vigilance developed from repeatedly anticipating danger he faced labeled as an African American male youth growing up in the 90’s within American society.

Importantly, it was the teachers, mentors and other caring individuals that would provide examples of enrichment during some of Huemility's most difficult years that taught him meaningful intervention & adequate education can alter a person's trajectory, specifically those who are among the neurodivergent kind–not typical.

Surviving the setbacks that followed attending Roosevelt Jr - Sr High School & BOCES Cultural Arts Center blossomed in Huemility's psyche how to reassess circumstances, recover after failure, and keep working toward an objective even when the original route no longer exists.

Ultimately, the day of graduation and receiving his high school diploma would become the measurable outcome, seeing as the president of HAi—Huemility Afupaymiii—carved an undeniable, remarkable path of enrichment shown throughout this particular enrichment narrative. And this extraordinary neurodivergent visionary *who beat the statistical odds for minorities of his cultural identity* found natural ways to channel his neurological rage + despair—the many neurological energies/traits of a neurodivergent into superpowers!

Huemility's ability to convert his cPTSD, OCD, hyper-vigilance + depression into core intention & attitude has naturally converted his challenging traits into positive ways he's enriched himself and countless others, which he tells in narrative form within books Huemility would later write detailing his enrichment experiences revealing how he's applied ***Neurodivergent Superpower!***

“Through Humbly Exemplifying intuition + imagination + intelligence, Neurodivergents Will Optimize Reality Dynamically!!!”



THANK YOU **FOR READING THIS EXCERPT OF PT. 1**

Don't forget to leave a comment on what you've read and to spread the iiiNWord?! with family & friends via the social media bar and email below!