

# My Brain Was Built for This

By Austen Tucker · 2026

I knew something was wrong when my imaginary friends never went away.

In high school they were hecklers in the back of my head. College: a whole cheer squad. My wedding day, they were there too. Every high. Every low that threatened to break me.

I'm a dissociated system. DID, if you want the clinical term. Multiple alters sharing one body, one life.

No short-term memory. No medium-term memory either. Yesterday? Gone. An hour ago? Sometimes that's gone too.

After a switch, it's like I wasn't there. Because I wasn't. Someone else was driving.

Before I understood this, I'd argue with people. Swear up and down I didn't do something they watched me do. That's mortifying to admit. But I'm saying it because that experience—that fundamental disconnection, that living in discrete compartmentalized chunks—turned out to be exactly the thing tech is trying to build right now.

Tech is obsessed with agentic AI. The premise seems simple enough: break work into autonomous agents, each in its own context, passing state forward. One agent hands off to the next. No continuous thread of consciousness needed.

Neurotypical brains hate this. They want the narrative. The through-line. The story that connects beginning to middle to end.

My brain doesn't work that way. My brain is agentic workflow.

I don't get a continuous narrative. Never have. So I built external systems. Documentation. Handoff notes. Structured context files. State management that doesn't rely on anyone remembering anything.

I had to be rigorous about state before I knew what state was. I had to think in discrete, self-contained chunks because that's the only way we could function.

And now? That's the architecture everyone's trying to build.

What looked like a deficit is a structural advantage. We've been running this type of system for years.

Monday was System Pride Day. February 23rd. It's the day systems celebrate existing, celebrate surviving in a world that tells us we're broken.

We're not broken. We're adapted.

This isn't a unique story. Every disabled person I know has been building workarounds their whole life. Neurodivergent folks. Chronically ill folks. People with sensory differences. People with psychiatric histories we're not supposed to talk about in professional spaces.

We build adaptive systems because we have to. The world wasn't designed for us. We survived anyway.

And that survival instinct? It produces thinking you can't teach:

Systems thinking. When you can't internalize, you externalize. You build the scaffolding everyone else carries in their head.

Accessibility-first design. When you're the edge case, you know edge cases matter. You design for them from the start.

Resilience. You learn to navigate spaces that were never meant to hold you. You get good at it.

Creative problem-solving. The standard approach doesn't work? Fine. What else have we got? You spend your whole life asking that question. You get really good at finding answers.

Here's what we're not:

- A charity case
- A diversity checkbox
- Fragile
- Your feel-good hire

Here's what we are:

- People whose brains took a different path
- People who ended up in places your homogenous team has never been
- People who know how to navigate those places
- People who can build things you haven't thought of yet

The question was never whether we can handle the work.

The question is whether you're smart enough to recognize what you're passing on when you pass on us.

Because that person whose brain looks like a liability on paper? They might be the exact person whose lived architecture maps perfectly onto the problem you can't solve.

I live in discrete chunks. No continuous narrative. No unified memory. Just state passed between alters, context files, handoff notes, trust that whoever's fronting next will pick up where I left off.

Sound familiar? It should. You're building it right now. Calling it the future of AI.

We've been living it our whole life. We know how it works. We know where it breaks. We know how to fix it.

You want to know why hiring disabled people matters?

Not because it's the right thing to do. (Though it is.) Not because compliance says so. (Though it does.)

Because we've already solved problems you're still trying to figure out.

Because different isn't broken.

Different is the whole point.

Happy System Pride Day to all the systems out there. You're not broken. You're adapted. And the world is finally building systems that look like how we've always worked.

Maybe it's time they started hiring the people who've been living this architecture all along.

Want to learn more about Dissociative Identity Disorder? Start here:

- CTAD Clinic — clinical resource on DID and complex dissociative conditions
- [did-research.org](https://did-research.org) — research made accessible for non-academic audiences