

## Autistic person`s viewpoints

1. *"I became aware that other people felt more than one emotion at a time, and that this was normal for them... We know that emotions are happening, but we can't tell what they are, much less what's triggering them, and we certainly can't figure out what to do about them"*
2. *"Fear and confusion. The knowledge that my behaviour was somehow causing a problem, but feeling utterly helpless to manage it. "*
3. *Socialisation = "quadratic equation in head" = tired/stress, ok if do something & know what to do*
4. *"Whereas Neuro-Typical people may experience emotions as a watercolour painting, people with AS tend to experience emotions more as a book, turning pages. It may be fast, like riffling pages, or we may stay on one 'page' for hours, even days  
If we have alexythemia, being able to stay on one 'page' is great, as it may give us time to sort out exactly what that page is saying. But when our emotions start flipping pages rapidly, we can't read the details, we might be lucky just to read the header. This is a problem in any confrontation situation & ability to sort out and talk about one's feelings.  
  
...And when they start happening all at once, when we get a storm of pages falling down on us? - We can't read a darned thing. We know that emotions are happening, but we can't tell what they are, much less what's triggering them, and we certainly can't figure out what to do about them"*
5. *"Did I discount communication as an option because so many people did not recognize my attempts to do so or decode those efforts effectively? I suppose it's not at all surprising that if you try to communicate your needs, and it has no effect, you would eventually stop trying, branding these efforts as ineffective."*
6. *Like having a left-handed manual in a right-handed world*
7. *"My general anxiety level will only decrease as my trust increases because I have been understood."*
8. *"I **hate** barbecue parties, they are guaranteed meltdown situations for me. They have all the perfect meltdown ingredients: Too much sensory stimulation, too many people, too many anxiety triggers, way too much all blending into process all at once"*
9. *"I have Autism, a neurobiological disorder that sometimes makes it difficult for me to speak & act calmly & rationally. I think I am acting in a way that might be disturbing to you. In short, Autism can make it difficult for me to: slowly, refrain from interrupting, control my hand movements & my blinking. It also makes it hard for me to follow your thoughts so that I might misunderstand what you are trying to say or do. It would help me if you would speak calmly & answer any questions I might have, clearly & completely. I apologise if any of my behaviours seem inappropriate"*
10. *"Reality is a confusing, interacting mass of events, people, places, sounds & sights. There seems to be no clear boundaries, order or meaning to anything."*

*A large part of my life is spent just trying to work out the pattern behind everything & understanding conversation is like trying to understand a foreign language”*

11. *Imagine arriving in a foreign country*

- *Look around the room you are in*
- *Concentrate on what things look, sound & smell like*
- *Try to rid your mind of categories, anything in common, such as furniture, people etc*
- *Try to avoid thinking of the function of anything or whether or not you like it*
- *Try to be an automatic recording device without any attitude to what you are recording*

12. *“I can’t rationalise emotions, thoughts & how influence behaviour. Need help to unwrap emotional response versus rationalisation. Different between thought & emotion. Can’t stop having thoughts, so can’t change perception of what I’m looking at?”*

Mel’s ‘In my Language’ video <https://www.youtube.com/watch?v=JnyIM1hl2jc>

Mel’s website <https://ballastexistenz.wordpress.com/about-2/>

Autistic Advocate Kieran Rose on how masking impacts on health

<https://www.facebook.com/watch/?v=1863550240369085>

### **Autism research by autistic social scientists**

- Monotropism (Murray et al) <https://monotropism.org>
- Stress adaptation theory (Hogenkamp) <https://peripheralmindsofautism.com>
- Double empathy problem (Milton) <https://kar.kent.ac.uk/62639>

“There needs to be greater recognition that the autism identity is a social construction with the potential to constrain and degrade. In identity terminology, individuals need to be enabled to identify with a group that is perceived as constructive and empowering rather than detrimental and limiting.” - MacLeod, Lewis & Robertson (2015)