Asperger’s

Asperger’s syndrome commonly referred to as Asperger’s disorder, is a type of pervasive developmental disorder. The term "pervasive developmental disorders," also called PDDs, refers to a group of conditions that involve delays in the development of many basic skills. Most notable among them are the ability to socialize with others, to communicate, and to use imagination. Children with these conditions often are confused in their thinking and generally have problems understanding the world around them. Asperger’s is considered a form of Autism. From WebMD

Symptoms

* Problems with social skills: Children with Asperger's syndrome generally have difficulty interacting with others and often are awkward in social situations. They generally do not make friends easily. They have difficulty initiating and maintaining conversation.
* Eccentric or repetitive behaviors: Children with this condition may develop odd, repetitive movements, such as hand wringing or finger twisting.
* Unusual preoccupations or rituals: A child with Asperger's syndrome may develop rituals that he or she refuses to alter, such as getting dressed in a specific order.
* Communication difficulties: People with Asperger's syndrome may not make eye contact when speaking with someone. They may have trouble using facial expressions and gestures, and understanding body language. They also tend to have problems understanding language in context and are very literal in their use of language.
* Limited range of interests: A child with Asperger's syndrome may develop an intense, almost obsessive, interest in a few areas, such as sports schedules, weather, or maps.
* Coordination problems: The movements of children with Asperger's syndrome may seem clumsy or awkward.
* Skilled or talented: Many children with Asperger's syndrome are exceptionally talented or skilled in a particular area, such as music or math.

Aspects of Asperger from COPING:

A SURVIVAL GUIDE FOR PEOPLE WITH ASPERGER SYNDROME

**Worrying**

* One thing autistic people are often particularly good at is worrying
* A lot of your efforts in life might be getting a very poor pay-off and you might be
* finding that everyone around you is speaking freely to each other in a way which
* seems like nonsense to you.
* If you try to join in by talking back in nonsense people get annoyed.
* If other people can complain about you speaking nonsense why can’t you complain to
* them about their nonsense? It’s just not fair. Are you annoyed? If you are, you have every right to be but you cannot change the way things are. This book might however help you to understand other people’s nonsense better.
* The problem with worrying is that it will often distract you from what you need to be concentrating on if you are to solve the problem.
* With some problems seeing the funny side can make it easier. If you can learn to laugh at yourself many of your worries might go away.
* Many people keep all their problems bottled up inside and look as if they’re on top of the world but many people need to talk about their problems. The trick is to talk to the right people and not the wrong ones.
* Don’t talk about your problems in public or to people who you don’t know (except counsellors). If you do you will be broadcasting your weaknesses to the people around you. Don’t think they won’t be listening.
* Talking about your problems in public may get sympathy in the short term but will probably isolate you in the long term.
* You may talk about your problems with teachers, parents, close relatives and sometimes with friends if you can get them on their own.
* Sometimes but not always it is alright to talk about your problems with friends in a small group but it should be relevant to the conversation.
* When you do talk about your problems, try to do it without putting yourself down too much. Negative talk causes you negative feelings and negative feelings make you less able to defend yourself. You don’t want to get bogged down into a vicious cycle.
* With reference to this last statement, try to get into a positive cycle if you can. This is called PMA (positive mental attitude) whereby thinking about your positive assets makes you feel more positive about yourself and better able to defend yourself from put-downs.
* Sometimes you may get labelled by people as useless or ignorant. This might be because you are not getting the opportunity to show any intelligence. NOT because it is true.
* A horrible feeling having to deal with is guilt. If you think you are to blame for something you must ask yourself if you know that you were doing something wrong. If you didn’t know, or you only had a vague feeling about it then you cannot blame yourself, even if other people are. All you can do is to tell yourself that you will try not to do it again.
* Often apologising to someone can help to ease the guilt but ONCE is enough. If you over apologise you might start to look shy or vulnerable.
* If you think that the world is pitted against you, this is an illusion. Also, everyone feels like this occasionally.
* Remember to be patient about using this book. Personal development can be a slow and difficult process.
* Another problem you might face is that achieving things by half does not feel like enough. You may be an all or nothing person but remember this might be the autism speaking.
* Remember the key word is DETERMINATION and if you know in your heart you can do something then you must go for it

**Looking on the bright side**

* Many things are easier for intelligent autistic people than they are for non-autistic people.
* Autistic people can be especially good at learning facts, skills and talents when (A) they want to and (B) when the right sources are available to them. This can provide good career prospects and is sometimes enough to compensate for any disabilities.
* Useful gifts that autistic people might have include photographic memories, musical talent, heightened awareness of visual logic and extraordinary potential for computer programming.
* To show consistent punctuality in the workplace and to produce meticulously accurate high standard work, always meeting deadlines may earn you extra respect from your manager or supervisor
* Some people say that honesty is not always the best policy but if you can recreate the truth accurately to the right people and yet be able to withhold the truth when confidentiality is needed your unsurpassable honesty might earn you great respect.
* If you are generally a quiet person who often only speaks when it is worth while this can sometimes be very welcome in the workplace.
* Having not been bound all your life by the unwritten rules of society may have made you a highly original thinker.
* In many situations where non-autistic people might be provoked or feel intimidated , autistic people can be unaffected and keep a clear head. You might be completely detached and immune to tense atmospheres and bad vibes which other people have to suffer. The problem with this however, will be that you are also immune to danger signals but this book might help you to recognise them.
* If you wish, you might be able to get formal allowances and benefits to help you out in life. Try not to see it as cheating. If you have had a hard enough life then perhaps you deserve this special consideration. Also, this might come in handy if ever you need to present yourself in a court of law in which case it may be a good idea to get the backing of a good psychologist who understands the problem.

**Body language**

* Body language doesn’t just include gestures, it also includes facial expressions, eye contact and tone of voice and is sometimes affected by what you are wearing.
* Some people may have body language down to a fine art but many people find it difficult.
* Many people constantly feel paranoid about their own body language, including those who are extremely good at it.
* Showing the wrong emotion or laughing at the wrong time can be embarrassing. You may do this if you’re thinking about one thing and the people around you are talking about something else. If someone reacts to this, tell them that your mind was elsewhere.
* If someone talks to you about something they find emotional and you don’t respond to their body language with your own, they might think you are lacking empathy or that you don’t really care.
* If someone tells you that you do not give enough body language you might have to exaggerate it in order to emphasise what you say but not too much. This will at first feel artificial.
* Part of body language includes courtesy things like ‘excuse me’, ‘please’, ‘thanks’, ‘cheers’, ‘see ya’ and being the first to say ‘hi’. It is often an effort to say these things but then perhaps courtesy is supposed to be an effort. I have given informal courtesies here (not over-polite) but the politeness of the courtesies you choose may have to depend on the people you are with.
* We all have to be careful about standing behind someone when they can’t see us because if they turn round they might get a fright. This is especially important if you are large or tall. In a densely crowded bus or train however you might not be able to help it.
* It can often be an effort to have a shower or a bath three times a week and to wear deodorant but it is much easier to talk to people if you feel you are clean and if you cannot be smelt. Remember, if you smell you might not be aware of it.
* If you are too good at body language or you look too cool, people are less likely to make exceptions for you if you do something wrong without knowing it.
* 6
* If you are an adult and especially if you are a large one, it is better to avoid running in the street unless the street is practically empty. Running for a bus or a train is all right if it will save you having to wait for another half an hour or you are in a hurry to get somewhere. On the other hand if you are going for a jog then wear shorts or track suit trousers so that people can see you are running for the purpose of getting exercise and hopefully don’t feel intimidated.
* When you see someone in the street who you know it can sometimes be awkward but to exchange glances, smile slightly and raise eyebrows to each other is usually enough.
* Boundaries
* Boundaries are all about not getting too close to someone yet not being too far away.
* The correct boundaries will depend on the person you are talking to and also the time
* and place.
* If there is a physical attraction between you and someone else you will need give off
* AND read the correct signals. To do this the simplest rule to work by is that open gestures (such as open hands or arms) and gestures turned towards someone tend to mean attraction, whereas closed gestures (hands in fists, arms across chest) and gestures which are turned away from someone tend to mean avoidance.
* There is something to be aware of called the approach-avoidance trap. Quite often we need to be decisive about whether we are going to approach someone, walk away or do neither.
* Also there is the problem of recognising other people’s territory. If in some one-off situation you unknowingly encroach on what someone else considers to be their territory this can sometimes get you into big trouble. For example, at one time I lent a listening ear to a woman living in a house full of children. She was distraught because her over-possessive and just-out-of-prison boyfriend had just stormed out for no particular reason. I didn’t realise that from his point of view it was his territory. Fortunately my personal safety was spared because he didn’t come back until the next day. If after you make this kind of mistake you later have it explained to you it can all start to look so obvious.

**Eye contact**

* Eye contact is hard to get right because it is hard to tell whether you are giving someone too much eye contact or too little when they are talking to you.
* While people are not talking and when you are not talking to them, it is often best not to look at them. This is because people can usually see that you are looking at them out of the corner of their eyes and this may make them feel uncomfortable, in which case they might talk about you behind your back. To control your gaze might be difficult for you but it is by no means impossible.
* If you point at someone when you are talking about them to someone else, this may seem rude if they notice. If you are arguing with someone and point at them while giving eye contact, this may come across as quite aggressive. Try not to point at people - it will help you stay out of trouble.
* When you are talking to someone or they are talking to you, you are expected to look at them bearing in mind the following guidelines:
* o To look at someone for less than one third of the time may be communicating that either you are shy (if you keep looking down) or you are dishonest (if you keep looking to the side).
* o To look at someone for more than two thirds of the time may be communicating that either you like them (if you are looking at the face as a whole) or you are aggressive (if you are looking straight into their eyes)
* o To look at someone for the whole time giving steady and unbroken eye contact can mean one of two things. Either you are challenging them (the aggressive gaze) or you fancy them (the intimate gaze). However in other cultures (e.g. Mediterranean Europe) it can also symbolise companionship. For someone with autism it can be very difficult because first we have to be sure that it IS appropriate. Also fixed eye contact can forcefully distract us when we try to talk.

**Tone of voice**

* You might be one of these people who almost talks in a single tone without knowing it.
* Ask a trustworthy person if this is true and if it is you may have to exaggerate the intonation in your voice to emphasise what you say, but not too much. This will sound artificial at first.
* If you are reading a story-book to a child then the more intonation the better.
* The intonation in our voices is extremely important in determining whether we are
* being enthusiastic or sarcastic about something. It is also important in telling whether
* we mean something seriously or just as a joke.
* To talk in a single tone can make it sound as if you’re depressed. When talking about
* something good or exciting you have to make yourself sound excited too, otherwise
* people tend to think it sounds strange.
* If you are a young man whose voice is breaking, then if you find it more comfortable
* just let it break for good. It may sound strange at first on the inside but it will be sounding much more natural on the outside. If you are worried about what your friends might think which should only be a short term problem anyway, it may be useful to take the opportunity of letting your voice break while you are changing schools.
* Finally, remember not to speak too loudly and not to speak too quietly. This should depend on the distance between you and the other person and the voice should be quieter when a bit of secrecy is needed. Whisper when everyone else is whispering (or when there is someone asleep nearby).
* At times when you may need to talk extra loudly and clearly (e.g. on stage or in a play) then you may want to project your voice. To do this keep a nice straight relaxed posture and imagine that your voice is coming from your stomach, however strange this may seem.

**Dress sense**

* What clothes you wear gives off a message about you.
* If you wear bright clashing coloured clothes, perhaps intending to look confident, many people are likely to lose interest in you.
* If you wear cowboy boots, ripped jeans, heavy metal tee shirts and a studded leather jacket people might either be too scared to come near you or will expect to be able to talk to you about heavy metal music systems, life on the streets and various different night clubs. It is a a very difficult image to pull off.
* If you dress in natural colours such as blue, grey, dark-green, black or white which people cannot laugh at but still look trendy people will judge you on how you come across rather than what you are wearing which is likely to be what you need.
* It is often a good idea to hear someone else’s opinion about what you should wear (talk to someone who you can trust).

**Distortions of the truth**

* Sarcasm is when someone says one things but means the opposite. For example - in response to hearing someone burp, someone else might say ‘how polite’. The easiest way of picking up on sarcasm is by listening to the tone of voice. You may need to defend yourself against sarcasm at times and this will be covered in the following chapters.
* Not knowing the truth is a common reason why people might distort it.
* A particularly nasty form of distorted truth is ‘scape-goating’. This is setting up other
* people to take the blame for things which aren’t their fault. What is even worse is having someone deliberately do something wrong for the sole purpose of getting you blamed for it. If this happens you must first work out whether it is just a joke or whether it is a serious set-up. If it is serious and the blame successfully reaches you, you may need to somehow prove that the wrong doing was not your fault in which case you must tell the right people that you think you’ve been set up and stick to your word.
* On the other hand someone might quite innocently create a false truth for the mere purpose of fantasy play. This might apply to children pretending to be comic cartoon heroes, adults dressed up in costume pretending to be Father Christmas or someone who is acting in a play.
* If someone asks you a question and giving them the true answer might upset them or cause embarrassment or unfair trouble to other people you may decide to tell a ‘white lie’ which is intended to avoid unpleasantness all round.
* If you don’t wish to lie you might still want to withhold the truth. You might be keeping a secret for someone or you might be trying to keep yourself or others out of trouble. In this case it may be sensible to avoid certain topics of conversation, otherwise you might be forced into pretending not to know something using awkward diversion tactics (which often involve humour) or even lying. Also you may be expected to automatically know when something is to be kept a secret.
* If someone tries to get a message across to you without hurting you, they might decide to drop a hint. The best example of this is when a man is chatting up a woman but she doesn’t want to go out with him in which case instead of saying ‘I’m not interested, go away’ she might slip the words ‘my boyfriend’ into the conversation.
* Sometimes it is possible to be misled by figures of speech (i.e. metaphors). For example ‘I’m over the moon’ means I’m very happy. If figures of speech are a problem for you, they can be looked up in certain books or you can get someone to teach you some.
* Sometimes someone might lie to you if they want something from you. The best example of this is a door-to-door salesman who wants your money. If he sells you a television that doesn’t work then he would be conning you.
* In conversation it is not unusual for people to exaggerate. Someone who says ‘I had about ten pints last night’ might actually mean they only had five. People who exaggerate too much can easily be misinterpreted.
* If someone says something which sounds offensive in the literal sense ‘You ugly mug face’ but with a laugh and a smile, then they mean it as a joke. You often need to pick up on this quite quickly.
* Perhaps the most awkward kind of lies you encounter are teasing lies in which someone says something as a joke to see whether or not you believe them. If what they have just said is highly unlikely or people around them are trying not to laugh, they are probably teasing you. The correct response to this would be to laughingly tell them to p\*ss off. If you show doubt as to whether or not they are teasing you, they may see it as a sign of vulnerability. Remember they are probably never going to admit that they are teasing you, no matter how seriously you ask.
* People might start trying to persuade you to make a spectacle of yourself somehow. For example they may ask you to do a dance or sing a song. Even if you can’t see anything wrong with this yourself, it is important not to give in to them, no matter how persuasive they become. The correct response is the same as that for a teasing lie, only perhaps with a touch of anger. If you give in to such requests, you will probably become an all-round target for other people’s teasing. If you have already done this in the past, don’t worry, just don’t let it continue.
* If ever joining in games like ‘truth or dare’ or ‘strip poker’ you could find yourself under even greater pressure to do something. In this case it is often all right but you might be asked to do something which is completely ‘out of order’ in which case if people become too persuasive you might just prefer to leave the room. If they are true friends, they won’t hold it against you for more than a day.
* It must be remembered that not everyone is loyal to the truth. Also, many people select certain parts of the truth and reject others to their own advantages (e.g. in court cases).
* If you need to find out whether or not someone is lying and you have a good reason for doing so, asking them questions might reveal faults in their logic.
* Misunderstandings other people might have about you
* If you have difficulties with your eye-contact or body language, some people might mistake you for being shifty or dishonest. If they think this they are probably wrong.
* If you don’t react to other people’s body language with your own, they might mistake you for being unsympathetic.
* Many people might make the mistake of thinking you are unintelligent. If this is because you rarely get a chance to show them signs of intelligence, there may be little you can do except to let them accidentally see you doing something you’re good at, whether they like it or not, just as a one off. They might decide not to comment, even though they have seen your talent.
* If you try to come across as being cooler, wittier, tougher and more confident that other people, then whenever you break an unwritten rule people might mistake it for nastiness. In this case, it might be in your best interest to drop your pretence.

**Conversation**

* It may be known to you that the art of conversation is carried out within a set of constraining rules.
* When people take part in a conversation, what they say normally has to follow on from the last thing that was said. We stick to the relevant so that the conversation flows smoothly.
* Be careful of stating the obvious. You may also wish to avoid asking questions when you can work out the answer for yourself. This way the conversation covers more useful ground.
* Try to avoid repeating yourself or rephrasing yourself when you have already been understood. This may be rather difficult because repetition of thought is quite fundamental to autism. The same thoughts can go round and round ‘obsessively’ in your head. If you have to go on talking about it, try to think up new angles or different ways of putting it; better still, look for a way of leading into a different subject. I take the approach of always looking for new things to think about. This seems to have been quite a successful move.
* There may be subjects that fascinate you and you really want to talk about them. If your listeners’ eyes look unfocused, or they keep looking over your shoulder, they may be getting bored. You can say ‘Sorry I’ve been going on, it’s a favourite subject of mine’.
* Also some people reply to things you say before even giving you a chance to finish your sentence. However, if they have anticipated you correctly then there is usually no need for you to finish.
* If you say something that doesn’t make sense to the people around you they might get annoyed but will probably forgive you. After all, everyone does this sometimes. Just don’t do this too often.
* If there is something you need to say which is not relevant but is important, for example ‘Bob phoned for you today’ or ‘there’s something I’d like to talk to you about which is worrying me’ it is best to find the suitable person when they’re not having a conversation. Try to find the right moment, get your timing right. If you need to pass on a phone call and think that you might forget if you are kept waiting too long, just write it down and leave it by the phone.
* If what you need to tell them is vitally important for example ‘Bob has just had a nasty knock on the head and is lying unconscious’, then you MUST interrupt their conversation.
* To join in a conversation you need to listen to it. Listening can be extremely difficult, especially if you have to keep your ears open 24 hours a day, but you can get better with practice. The most important thing to listen to is the plot of the conversation.
* Be on the lookout for eye contact from other people as it can often mean they would like to hear your point of view.
* It is easier to listen if you don’t make any assumptions or pre-conceived ideas about what someone is going to say.
* Some topics of conversation are taboo subjects and if you are in doubt they are sometimes better left alone.
* When a conversation becomes emotional people often say things like ‘cheer up’, ‘it’ll be all right’, ‘oh that’s wonderful!’ or ‘well done!’. When you try to say these things they might sound rather corny and sentimental at first but they serve the same purpose as remembering to buy someone a birthday card. They serve to open up the conversation and invite the other person to express how they feel.

**General knowledge**

* Although it is often true that autistic people are better at picking up details this is only when making a conscious effort to do so and there may be great problems in picking up the right details.
* Also getting absorbed into one’s own head-space every other moment can make it extremely difficult to ‘learn things on the trot’ which is the way most non-autistic people are used to doing it.
* It might be difficult to join in a conversation if you don’t have the general knowledge which is needed. The problem with this kind of knowledge is that there is no one source from which you can find it out but here are some tips:
* o General knowledge in conversations is usually about sport (in the UK usually football), pop music, films, politics, the media, TV, peoples computers, clothes, hobbies and going out. |It is however rare to find someone who is an expert on all of these things.
* o Many teenagers and young adults who are into music put more emphasis on the pop stars than they do on the music they write. Sometimes they even select their partners on the basis of who they look like in the world of music or sport. Sometimes with this type of person you just have to accept that you may not be compatible and look for friends elsewhere.
* o With reference to this last statement, sport (e.g. football) can also be quite selective. Sport is often a highly patriotic occupation in that people are friendly to each other if they support the same team but argue with and confront all those who support different teams.
* o TV, radio, magazines, libraries, video libraries and newspapers can help you learn about these topics. Also many leaflets which can be found in magazines give you a list of all the most popular albums, CDs and films. to force yourself to learn about things which don’t interest you, however, may be a waste of time since you won’t really want to join in with the conversations about them.
* o If you decide to teach yourself the general knowledge you need in certain conversations it is important that you also try to learn by listening to the conversations themselves, paying special attention to famous people when they are mentioned. This can make the learning process much faster.
* Names
* Picking up people’s names can be a problem but it is very important for topics of conversation involving famous people or for following plots to films, books and especially to detective stories.
* Picking up names of people you know personally may also be difficult but it is not quite as essential as you might think. If you remember not to ask someone’s name more than two times and after this if you still can’t remember the name, to listen out for the next time someone calls it, you can usually get away with having a bad memory for names.
* It helps to remember names if you make a mental note linking them with faces; for example thinking things like ‘Sarah’s the one with the nose ring’ or ‘Bob ‘s the one with the moustache’.

**Humour and conflict**

* An autistic person’s sense of humour is often about things which suggest silliness, ridiculousness or which appear slightly insane.
* It may be necessary to keep your laughter to yourself when there is something which is funny to you but not as funny to other people. Laughter is one of the best feelings in the world and to have to hold it back is a nuisance but nonetheless to laugh at the wrong times may annoy other people.
* A non autistic person’s sense of humour is often to do with finding clever ways of pointing out faults in other people and causing them embarrassment. Everyone is a victim of someone else’s humour at some time or another but some people are made to suffer more than others. Sometimes non autistic people can get quite ruthless with their humour. This is especially true amongst teenagers and younger adults who are perhaps less likely to care than older people.
* In the eyes of many zoologists, humour is a human replacement for the violence which animals use on each other to establish an order of dominance (the pecking order)
* No-one talks about the pecking order of which they are a part.
* Many gangs or groups of people are not particularly welcoming to outsiders but some
* are more welcoming than others.
* Often, the reason two or more people gang up on one person is because it gives them
* a feeling of being united together. For reasons such as this, it is often easier to talk
* seriously to people if you can find them on their own.
* If you say or do something that can be misinterpreted into a sexual context then it
* probably will be a joke, often at your expense.
* If you are a victim of someone else’s humour, it is often possible to translate it (in
* your own mind) into constructive criticism and then it might be personality building.
* If a joke aimed at you is not too harsh it may be a good idea to laugh at yourself.
* If a joke or some sarcasm aimed at you is too harsh, you can say ‘what do you mean
* by that’, ‘why did you say that’, ‘what’s that supposed to mean’, or ‘that’s not very nice’. You may have to use your discretion in order to choose a suitable answer but putting someone else on the spot can be quite a good defence.
* If a joke or some sarcasm aimed at you is downright hurtful, here is a last resort you can use. Calmly say that you found the joke hurtful and ask if it was meant to be hurtful. If the other person says ‘can’t you take a joke’ or messes you around in some other way, stick to your guns and just calmly ask them again if they meant it to be hurtful. If they answer ‘no’ then you have got what you needed. If they answer ‘yes’ then calmly walk away and in future make it very difficult for that person to talk to you until they apologise of their own accord.
* Questions are often a much more powerful form of defence than statements.
* Remember that people who put you down unfairly and without purpose are often
* feeling weak in themselves and are mirroring their own feelings of weakness onto
* you.
* If you wish to join in and make jokes at the expense of other people, bear in mind the
* following:
* o Try not to make your jokes hurtful, even if other people do. People who do
* this are usually in the wrong.
* o Try not to aim your humour at people wittier or funnier than yourself because
* they might retaliate and will probably do better than you, causing you to lose
* face. It is the verbal equivalent of picking a fight with someone bigger than
* you.
* o Also try not to aim your humour at people quieter or more shy than yourself. It
* is the verbal equivalent of bullying or picking a fight with someone smaller
* than you.
* o Don’t make jokes about people’s mums or dads unless everyone else is. To
* make jokes like these at the wrong time can make people violent towards you. o Try to avoid laughing at your own humour.
* Comedy is not just about playful confrontation, it is also a very clever way in which people can accept the tragedies of life without getting depressed. ‘If we didn’t laugh then we’d cry’.

SOME COPING STRATEGIES FOR MANAGING STRESSFUL SITUATIONS ( such as school or work) From <http://www.autism-help.org/adults-aspergers-stress.htm>

Progressive muscle relaxation

A person learns to identify muscle groups and the difference between tension and relaxation in the muscles.

Focus upon 4 main muscle groups:

1. hands, forearms and biceps

2. head, face, throat and shoulders

3. chest, stomach and lower back

4. thighs, buttocks, calves and feet.

Tense muscles for 5-7 seconds and relax for 10-15 seconds.

Time to master: 1-2 weeks, 2 x 15 minute sessions per day.

Visualization

A person uses imagination e.g. pleasant daydreams or memories to will him or herself into a relaxed state, by:

• Getting comfortable, scanning the body for tension and relaxing the muscles

• Selecting a favorite peaceful place which is real or imagined

• Focusing the imagination using all 5 senses

• Using affirmations such as repeating ‘I am letting go of tension’; or ‘I am feeling peaceful’.

Practice using visualization three times a day for a few minutes or longer. This is usually easiest for the person in the morning and at night in bed. Eventually, with practice a person can use visualization in everyday situations when feeling uptight. The effectiveness of whatever strategies are used to manage stress will be improved if after each strategy is used, it is evaluated. This can be done by:

• Noticing the physical, mental and behavioral signs of stress

• Selecting a coping strategy for reducing stress

• Evaluating whether or not the strategy worked by reassessing the level of severity

• Maintaining the use of the strategy.

If there has been no change or an increase in stress levels, try using other strategies.

True or False From [Asperger-Syndrome.me.uk](http://Asperger-Syndrome.me.uk)

Children with Autism Never Make Eye Contact?

Inside a Autistic Child is a Genius?

Most children with Austim will exhibit significant delays in some areas of mental processing and a percentage exhibit above normal intelligence.

Autistic Children Do Not Talk?

False

Children with Autism Can't Show Affection?

This can be difficult for most Autistic children but not in all.

Autism can be Outgrown?

FALSE. Autism is a lifelong condition but with help Autistic people can lead productive and happy lives.

Children with Autism cannot Learn?

FALSE. It can just take a little time to figure out the best way to teach Autistic children.

Autism is Rare?

False

Asperger Syndrome is Caused by Poor Parenting?

FALSE. Asperger syndrome is believed to be caused by a Genetic Componet.

People with Asperger Syndrome Lack Imagination?

FALSE. People with Asperger Syndrome typically possess vivid, creative and unique imaginations just look at the famous people with the condition. example: Satoshi Tajiri the Creator of POKEMON or even Hans Christian Anderson a famous Author of children's stories such as 'The Little Mermaid'

Autistic People are all Alike?

FALSE. Everyone is different but there are some common problems with things such as difficulty with social communications.

Autistic People Don't Build Relationships?

FALSE. Ok it's unlikely an Autistic child might be a very popular social person but it is very likely they will have a solid relationships with people with shared intrests. Plenty of Autistic people who marry will have good solid relationships.

Autistic People are a Danger to Society?

FALSE. Autistic people are not dangerous but some may exhibit violent behaviors but these are almost always caused by frustration, physical or sensory overload and its very rare they act violently out of malice.

Facts

1 in 150 individuals has a Autism spectrum

Disorder Autism is a form of autistic spectrum disorder or ASD. Other forms of ASD include Asperger syndrome, Childhood Disintegrative Disorder and Pervasive Developmental Disorder.

80% of all individuals with Autism learn to talk.

Each person with autism is a unique individual with special talents and gifts.

Children and adults with autistic spectrum disorders have difficulties with everyday social interaction.

People with Autism are often keen to make friends but due to their disability find this difficult. Their ability to develop friendships is generally limited as is their capacity to understand other people emotional expression.

Autism is a lifelong developmental disability with NO cure.

Some people with autistic spectrum disorders have accompanying learning disabilities but everyone with the condition shares a difficulty in making sense of the world

People with Autism who have an extraordinary talent are referred to as 'Autistic Savants'.

only about 0.06% of Autistic people are 'Autistic Savants'.