

COPING: A SURVIVAL GUIDE FOR PEOPLE WITH ASPERGER SYNDROME



Marc Segar

Marc Segar died tragically in a traffic accident on the M1 towards the end of 1997. His short life was deeply influential, and this book is his memorial.

The web pages

The book, 'Coping: A Survival Guide for People with Asperger Syndrome' was written by Marc Segar. This is a valuable piece of writing which is worthy of as wide a readership as possible and so was made available on the Web, at <http://www-users.cs.york.ac.uk/~alistair/survival>. This is a printable copy of the book, also available on-line at <http://www-users.cs.york.ac.uk/~alistair/survival.pdf> Print copies of the book can also be obtained from the address below, to which any enquiries should be directed:

The Early Years Diagnostic Centre
272 Longdale Lane
Ravenshead
Nottinghamshire
England
NG15 9AH

Phone: +44 (0) 1623 490879
Fax: +44 (0) 1623 794746

Transferral to the web was undertaken by Alistair Edwards (alistair@cs.york.ac.uk), University of York and thanks are due to Pauline Greenhough for her typing.

Contents

Foreword.....	1
Introduction.....	2
Getting the best from this book.....	3
Worrying.....	4
Looking on the bright side.....	5
Body language.....	6
Boundaries.....	7
Eye contact.....	7
Tone of voice.....	8
Dress sense.....	8
Distortions of the truth.....	9
Misunderstandings other people might have about you.....	10
Conversation.....	11
General knowledge.....	12
Names.....	12
Humour and conflict.....	13
Sexually related problems and points about going out.....	14
Nights Out.....	15
Chat ups.....	16
Invitation.....	17
Personal Security.....	17
Rape Crisis.....	18
Finding the right friends.....	18
Keeping a clean slate.....	19
Coming Clean.....	20
Education.....	21
Living Away from Home.....	22
Using the Phone.....	23
Guests.....	23
Jobs and Interviews.....	24
Driving.....	26
Travelling abroad.....	26
Bartering.....	27
Opportunities.....	27
A Personal in depth analysis of the problem.....	28

Further Reading29

Foreword

So far as I know, this book is unique. A number of people who suffer with Asperger Syndrome notably Temple Grandin, Donna Williams, David Miedzianik, Therese Joliffe, Kathy Lissner and 'Darren White' have given us insight on their experiences, very much from a personal and sometimes idiosyncratic point of view. But Marc has gone a step further by writing an entirely practical and down to earth guide to the nitty-gritty of everyday living for fellow sufferers.

Marc knows from the inside what people with Asperger Syndrome need to understand, and much of his knowledge has been acquired through bitter experience. His expressed wish is that others should not have to learn by such a hard route, and that some of his own short term disasters should be avoided by others coming after him.

Marc has his own theories of how the problems of autism might be construed, and these will be of interest to anyone trying to understand the 'enigma', whether from inside or outside. Anyone with Asperger's would be helped by Marc's insight that 'Autistic people have to understand scientifically what non autistic people already understand instinctively'. His views are not solely based in his personal experience, and his suggestions for coping draw on the difficulties he knows to have been experienced by others than himself

This book is packed with really helpful advice, some of which would be difficult for professionals to offer because of not knowing how relevant it might be. Marc can attest to its relevance, and this in itself gives it convincing value for any young man or woman coping with Asperger syndrome; but it is also exceptionally illuminating to families and to professionals who are trying to be helpful, and who often feel inadequate to the task. And Marc reminds us of things we are apt to forget: for instance, that 'slow progress is still progress'.

As someone often involved in counselling both people with Asperger syndrome and their families, I know that I shall be using this book as my most important aid. I believe it could enormously alleviate the frustration and depression suffered by so many young people as they try to integrate with a not very sympathetic world. All of us can be grateful to Marc for his achievement. We are very proud to publish this book.

Elizabeth Newson
1997

Introduction

As far back as I can remember I have had intricate thoughts and ideas which have made me unique. As a young child in early primary school, I used to spend most of my time just doing my own thing and not really making much sense to people. My ever intriguing thoughts and ideas were locked up in my head and I couldn't communicate them to others.

When I was seven years of age, I got my diagnosis of autism in a form which is now known as Asperger syndrome. It was not that long afterwards that I was moved into a special school called Whitfields in Walthamstow, London, where for the next eight years I received specialist help, most of which came from a joyful, high spirited woman called Jenny. Not long after starting this school my family and I became involved in a family support group called Kith and Kids in which I am now a regular volunteer and work-shopper, always keeping active and creative.

At the age of fourteen I changed over to a school called West Lea in Edmonton where I was eventually able to take my GCSE's in which I did well. My recognition as being a worthy candidate for GCSE's was predominantly won by the French teacher, Mr Cole to whom I am very grateful.

At seventeen I was able to begin sixth-form in Winchmore where I worked hard at my A-levels but managed to turn myself into a serious target for other students' teasing and torment. It was also at this time when I first began learning how to stick up for myself, also realising that there were many unwritten rules about behaviour and conduct which everyone else knew except me.

I was then accepted by the University of Manchester to do a BSc in biochemistry that I have now completed. I began university under the same life long illusion I had always had of thinking that making a new start meant no more teasing to deal with. However, my social status in the first year was appalling and I spent a whole year living in a flat with seven other blokes, myself practically in isolation.

In the second year I ended up living in a house in Fallowfield where there happened to be three friends and two free spaces. I ended up there completely by random. I became best mates with Nick who ended up filling the extra space. He is a rebel through and through and has since taught me many of the tricks of the trade which I have needed on the highly worldly and sometimes hostile streets and night clubs of Manchester. Between my second and third year I booked a rather impromptu place on an expedition in East Africa where at my own risk I spent much of my time away from the group (which rejected me) learning all about the lifestyles and customs of the local people. Never before had my poor mum been so worried. In my final year I was fortunate enough to live with people who were extremely mature and witty in a constructive way. Since graduating I have done a variety of work with children with autism both here and abroad. I now work as a children's entertainer and I sincerely feel that this has been a successful move.

I have now decided to write a book with a purpose. It is aimed at passing on my experiences of surviving as an Asperger sufferer in a world where every situation is slightly different for the benefit of other Asperger sufferers. I wish to lay out a set of rules and guide-lines in a style similar to that of the highway code in a format which doesn't change therefore not

causing unnecessary confusion. My points are intended to be phrased in ways which are unambiguous therefore not causing people to get confused or apply things out of context.

I will probably have an audience which consists of both autistic people and non-autistic people. I would like to point out that many of the points I show might be down right obvious to some people but completely alien to others and I therefore wish to stress that I do not mean to be patronising or pedantic.

I choose to write this book now and not later because I feel that the relevant mistakes and lessons of my life are still clear in my head. Some people might see this book as being a little too worldly but I myself believe that if a borderline autistic person has to go out into this rather obnoxious world independently then the last thing they need is to be sheltered. I would strongly like to equip these people with the tricks and the knowledge they need in order to defend themselves and I don't wish to enforce opinions or be hypocritical. I have also drawn upon the benefits of constructive feedback from parents of other autistic people in writing this book. I would not like to feel that any of my autistic readers will be placed under unnecessary pressure to start reading this book. To begin with just having this book lying around in one's bedroom might be enough to catch their eye and stimulate a healthy interest.

I intend for this book to serve the sole purpose of improving the quality of people's lives and would strongly urge any of my autistic audience not to get too stressed out trying to apply this book too quickly and to remember that Rome was not built in a day.

Even I myself am still having difficulties putting all these rules into practice, but it certainly helps to be aware of them.

Getting the best from this book

- Not everyone will understand everything in this book straight away but if something doesn't make sense at first then it might make more sense if you skip it and come back to it later.
- This is a book designed to make you aware of the many unwritten rules which most people instinctively know and take for granted.
- When people disobey these unwritten rules, sometimes they get away with it but usually they who break informal rules are made to suffer informal punishments. These punishments may include being laughed at, being treated as a less important person or being isolated.
- The most difficult thing about being autistic (or having Asperger Syndrome) is that so many people expect you to know these rules and live by them as they do, even though no-one has told you what these rules are. There is no doubt that this is extremely unfair, but unfortunately most people don't see it this way because they don't understand the problem.
- If you yourself are having trouble accepting that you are autistic (or have Asperger Syndrome) you could be making things even more difficult for yourself. Accepting such a thing will not only help you to get the most out of this book but may also allow you to forgive yourself for things you might be doing wrong and take away some of the pain which can only be holding you back.

- Usually there is an unwritten rule against talking about unwritten rules in public but it is normally all right to talk about them with parents, teachers, counsellors or friends when they are on their own.
- With many of these rules you are likely to want them explained to you. Unfortunately not all of them can be explained without moving away from what is important to the aims of this book. Also, many people are able to follow the rules in this book perfectly but are not even consciously aware of them.
- If you are so busy questioning these rules that you cannot put them into practice you might not be getting the best from this book. However, there is no harm in spending some of your time questioning them.
- Some unwritten rules I have been unable to include either because they are too vague and depend too much on the situation or because I may not yet have discovered them myself.
- When you have read this book you might think that these are the rules to a rather silly game but the game is life and the rules cannot be changed.
- The problem with the game of life is that every situation is slightly different. Some things might be suitable in some situations but not in others. This book cannot tell you how to respond in every situation but can only set you guide-lines.
- Autistic people tend to remember detail, non autistic people tend to remember plot. Plot closely accompanies the detective work which enables most people to learn unwritten rules of society which are covered in this book.
- You may know some or many of the rules shown in this book already. None the less they must still be included for people who might not yet know them.
- Sometimes certain people might give you advice and criticisms which you find slightly patronising, pedantic or unimportant. This might often cause you to want to **rebel** but you could in fact be rebelling against the very things which are to be most helpful to you.
- Remember this book has been written partly on the basis of my own personal experiences and that what is right for me doesn't always have to be what's right for someone else

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.

- 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:
 - 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).
 - 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)
 - 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 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 thing 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 than 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:
 - 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.
 - 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.
 - 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.
 - 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.
 - 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:
 - Try not to make your jokes hurtful, even if other people do. People who do this are usually in the wrong.
 - 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.
 - 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.
 - 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.
 - 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'.

Sexually related problems and points about going out

- Amongst young people there is much more talk and humour about sex than there are people doing it.
- The rules for men and women are different.
- If a man has had lots of girl-friends then he might be called a stud or a stallion. This is a compliment.
- Most men tend to be attracted to women who are good-looking, supportive and strong-minded but this may vary from one man to another.
- If a woman has had lots of boyfriends then she might be called a sl*t, a sl*g or a tart. This is an insult however unfair this rule may seem. When someone calls a woman a name like this for a joke, they have to make sure that it sounds like a joke and it has to be at the right time. If you are not sure when the right time is, it is better not to say it at all.
- Most women tend to be attracted to men who are fairly good looking, gentlemanly, able to read their signals on boundaries (see *body language*), polite, clean, honest, not trying too hard to impress, adaptable, positive, supportive, charismatic, fun to be with, having character in their voice, not too meek but not macho either and who show an interest in their feelings. It is rare to find a man with all these qualities together and most women do not expect perfection.
- As surely as the rules differ between women and men so too do the rules governing gays and lesbians.
- Knowing all the different swear-words and various slang is important if you want to understand most of the humour amongst young people. If you'd rather not use these words yourself then you don't have to and this might be a good thing. However, you can look them up in a dictionary if it is modern enough and large enough.
- Getting too close to someone can sometimes get you into trouble unless you have already established an intimate friendship with that person. However, you might not want to put up barriers either. If you are a man then if you allow other people to come up and flirt with you but you don't go up and flirt with them you will probably be taking a trouble-free option and this is probably good (see boundaries).
- If you are a woman be choosy about the people you flirt with. If you flirt with a man who has a serious lack of respect for *boundaries*, he might start to make a nuisance of himself.
- When it comes to physical contact between yourself and other people, try to develop for yourself a sense of what is and isn't 'appropriate' otherwise certain people may become mysteriously unfriendly towards you without ever actually telling you why.

- If you have a crush on someone don't let anyone know in public. People might start making fun of it and your chances will probably be ruined. You may secretly tell a friend you know and trust if you think they might be able to help. Tips for asking people out are mentioned in this chapter.
- If you are a virgin don't tell anyone and try to avoid related topics of conversation, especially if you are a man. There are plenty of virgins out there, many of them in their thirties and very few of them actually tell people. If you have already told people, don't worry, just don't tell anyone else.
- If people make fun of you just because you are a virgin don't let them think it is getting to you and try not to let them sway you into becoming someone with just one thing on your mind as this will cause you a lot of distress.
- Also don't worry about getting your end away just so that you can say you've done it. Besides when asked 'have you done it?' it is usually more admirable to laughingly say something like 'what's it to you', 'that's personal' or 'mind your own business'. This can easily fool the other person into thinking you've done it anyway. After all, if someone else said one of these things to you what would they lead you into believing?
- If you have recently been out with someone or been to bed with someone your friends and peers might rather persistently try to find out as much as they possible can about your encounter. This can be extremely embarrassing. In such situations you may decide to disclose absolutely nothing at all, hoping they will lose interest. Alternatively, you can simply NOT take it seriously and laughingly give them ridiculous exaggerations of what happened.
- Some men find it difficult to understand that the very idea of boosting their own egos by collecting memories of sexual liaisons with as many different women as they can is insulting or degrading to a woman's ego.
- Many people in all honesty find their first experience of sex disappointing.

Nights Out

- The best reason for having an evening or a night out in a pub or a night club is to have a good time and talk to people.
- You will probably have a much better time if you have a night out with friends rather than if you go out alone.
- On a night out the rules regarding body language become more important.
- Be careful with your gaze (unless of course you are talking with someone). If you look at someone for too long they will probably notice you out of the corner of their eye. This may cause them discomfort. They might then tell their friends about it and become secretly unfriendly towards you. This is especially true about men staring at women.
- Some people can be very polite to you but be rude about you behind your back. If you want a clue as to whether or not they really like you see the rules on eye contact.
- If you have been invited to a party it is best to turn up at least half an hour late.
- It is good to have a bath or shower before you go out.
- It is best not to be the first on the dance floor even if you can't see anything wrong with this yourself. This doesn't mean you can try and persuade someone else to be the first.
- If you are at a night club and it is difficult to join in a conversation with people because of the music being too loud then you might be one of these people who is better off in pubs or parties at people's houses.

- If you like drinking alcohol because it makes you more sociable one or two pints is probably enough. Try not to drink to the extent that you make a spectacle of yourself because you might very well cause people to lose interest in you or to take advantage of you.
- Most people do NOT think that smoking is cool so don't think about taking it up for this reason.
- If you go to a party at someone's house there might be cannabis going around. Cannabis comes under many different names including gear, dope, weed, grass, pot, draw and marihuana. It is usually rolled up with tobacco into joints or spliffs. If you feel a need to join in with this walk of life bear in mind the many risks and know that it can make you less sociable while you smoke it. Also drugs might affect you differently to how they affect other people because your brain chemistry will be slightly different.
- Be very careful where and when you talk about illegal substances because they ARE illegal.
- NEVER buy illegal substances off the streets, it will almost invariably be a con and the people selling them might take it the wrong way and get violent if you try to be friendly with them.

Chat ups

- If you decide to go out with the thought of pulling or asking someone out in mind then the following tips might help you; but it is **essential** that you first read the chapters on *body language* (especially *boundaries*, *eye contact* and *dress sense*) *distortions of truth*, *conversation*, *humour and conflict* and *sex related humour*. It would be best to have in fact read all the points in the book leading up to this one.
- Chatting someone up is traditionally said to be the man's job but these days it is not uncommon for the woman to take an active role.
- If you wish to **chat up** someone else the best thing to do is just to talk to them and NOT get too close at first.
- Suitable boundaries may vary from one person to another (see *body language*).
- It is important not to appear too eager.
- If you are a man do not wear too much after shave.
- Don't chat up just anyone, make sure it's someone you like.
- If a man seduces a woman who is drunk, then in the eyes of everyone else he is taking advantage of her.
- If you are a man don't drop any hints about how much you fancy someone however subtle they may be. This will only weaken your chances. If you do drop any hints at all it may be best if they are hints of sincere admiration.
- If you are a woman and you drop hints as above to a man, he might start expecting more of you than you meant to offer.
- If a woman doesn't want to go out with a man, she will let him know by slipping the words 'my boyfriend' into the conversation. This might sometimes mean lying but it is thought by most people to be the most gentle way of letting the man know.
- Chatting someone up is not really that different from an informal interview. Don't forget to look at their face more than two thirds of the time (maybe more) whilst listening or speaking and smile a bit. If they are doing the same it means they like you too.
- If you wish to ask someone out, do it casually and sincerely and where no-one else can hear.

- The time it takes between meeting someone for the first time and becoming partners with them can be anywhere from a few minutes to hours, days, weeks, months or even years. If it only takes seconds however there is probably something wrong.
- You may find someone to go out with at ANY time, it is highly unpredictable.
- You might end up spending an evening or two or three with someone you really like and who really builds up your hopes up, only to find that they disappoint you. This can happen to anyone and is hardest to cope with when you are new to going out with people.
- Many people will go out with each other in secret or will spend much time flirting with each other but never admit that they are going out together. This is often the nature of an open relationship.
- Finding the right moment to make that first move is probably the most difficult thing of all and you may need to break some of the rules I have given (cheating a little). Asking someone out is a bit like gambling all your self esteem and taking complete pot luck. But if they turn you down it DOES NOT mean it was stupid to ask.
- **Always** be responsible and remember the importance of safer sex.

Invitation

- It is bad manners to turn up at someone else's house uninvited unless they have said 'come round anytime' in which case they could mean about once a month or they could mean every other day depending on many things.
- On the other hand it can sometimes be difficult to know what constitutes an invitation.
- It is often best to phone first before turning up at someone's house.
- In some setting e.g. student hall the rules are slightly different because people are often running in and out of each other's flats anyway. None the less still be careful.
- An Invitation to a party does NOT mean that you have to go if you don't want to.
- If you **gate-crash** a party with more than 20 people but keep a low profile, nobody should mind.
- It is sometimes difficult to know whether or not you are overstaying your welcome at someone else's house or whether they would like you to stay longer. If they say they are feeling tired then this might be a gentle hint that they want you to go. If they are smiling, giving you plenty of eye contact and showing an interest in the conversation they probably want you to stay.

Personal Security

- It is best for anyone, male or female, to avoid walking alone late at night down deserted or badly lit streets but here are some tips for protecting yourself:
- **Always** make sure your wallet is out of sight.
- You may do well to look over your shoulder every now and then.
- Don't look down, look straight ahead.
- Look like you know where you are going and show no fear.
- Following these guide-lines will make you look less vulnerable and more able to defend yourself. Some people find taking classes in martial arts helps them to be (and look) confident.
- If someone threatens you and you start running just keep on running.
- If it is too late or you are unable to run, let them have your wallet if they ask for it. This is a small price to pay for your personal security.

- If they take your wallet cancel all your credit cards as soon as possible and get them replaced.
- Never try and bargain or reason with your mugger(s).
- Finally, **ALWAYS** phone your mum or dad and let them know if you have decided to stay the night at someone else's house or they will be so worried they will call the police to search for you. (I'm assuming you remembered to tell them you were going out for the evening in the first place!)

Rape Crisis

- In the unfortunate event that you might ever be on the receiving end of a sexual attack, it is probably a good idea to scream at the top of your voice **before** the attacker gets the chance to threaten you to be silent.
- The police do advise women to carry rape alarms with them just in case.
- Most rape victims know their attackers. What's more, most rapes do not happen on the streets.
- Don't forget that men can be raped too, though they are often more afraid to report it.
- If it has already happened to you, you are **NOT** the only one and it is **NOT** your fault and if you tell the **right** people they **WILL** believe you.
- If a simple 'no' is not enough, then what the hell is?

Finding the right friends

- It is often difficult to tell the difference between a true friend and a hoax friend but for autistic people, this can be many times harder. Here is a table to help you tell the difference.

True Friends	Hoax Friends	Enemies
Treat you the same way they treat all their friends.	May treat you differently to how they treat others.	May ignore you most of the time.
Make you feel welcome in the long term as well as the short term.	Might make you feel welcome in the short term and then drop you in the dirt.	Will make you feel unwelcome and will notice all your mistakes and may bring them to the attention of other people.
If they give you compliments they will be genuine and sincere.	Might give you many compliments which are NOT genuine.	May give you anything from sarcasm, put-downs and temper tantrums to the silent treatment.
Will treat you as an equal.	Might often make unfair requests of you.	Will often treat you as a less important person than them.
May help you to see the truth behind other peoples hoaxes when suitable.	Might want you to make a spectacle of yourself	May set you up to receive aggression or scorn from others.
	May threaten not to be your friend anymore or play on your guilt if it is to help them get their own way.	

What to do:	What to do :	What to do :
Repay them with the same attention they give you and listen to them	Stand up to them and don't feel guilty about telling them to p*ss off if they have said something which is obviously unfair	You might have done something to annoy them or they might just be jealous of certain skills or knowledge you have. If it is jealousy, they will never admit to it.
Accept any compliments they give you by saying a simple 'thank you' and then you won't make them feel silly in any way for having complimented you. Try to show that you like them using the rules given under eye contact (see <i>body language</i>)	They could be the kind of person who gets pleasure out of hurting people more vulnerable than themselves because they feel weak and inadequate inside. Remember that.	If you find them on their own at any time they might switch to being quiet and shy towards you and you might be able to ask them awkward questions as to why they behave differently towards you than they do towards other people. Also, if they can give you a good enough reason, it might be a chance to apologise if you have annoyed them in some way and say that you will try not to annoy them as much in future.

- You are likely to meet many people who don't fit exactly into any one category in this table, in which case you must use your discretion.
- Don't be living under the illusion that everyone who knows you cares about you because they don't. People who care about you will probably fall under the category of true friends or will otherwise be family.
- Never underestimate the value of a **true** friend

Keeping a clean slate

- Whenever we go into a completely new environment and no-one knows us yet, we start off with an undamaged reputation, that is a clean slate.
- It is largely by breaking the unwritten rules of society that people dirty their slates.
- If you can keep using what you have read in this book, then it should be enough to allow you to keep a fairly clean slate, but don't expect to keep it cleaner than everyone else's slates.
- Everyone tries to keep a mental note of everyone else's slate in their little group. This includes things people have said, things they have done, things they can and cannot do and the general way in which they come across.
- It is mostly on the basis of your slate that people will be able to make fun of you.
- If your slate is already dirty, don't despair; it is often a reversible process and if you are patient by ceasing to do anything wrong it should slowly improve.
- Try not to tell someone too much about yourself or any of your weaknesses unless you have got to know them quite well because knowledge is power. This does not mean you have to bottle things up. (See chapter on Worrying)
- If you wish, then by keeping your ears open you can learn about what's on other peoples slates.
- Some people like to stand out. People who stand out but who cannot keep to the unwritten rules whilst doing so, can very easily make themselves into a **target** for other people's teasing or neglect.

- Making a spectacle of one's self is also an easy way to become a target; but if you have Asperger Syndrome then it is often very difficult to know exactly what this means.
- Making a spectacle of yourself is normally about doing things in public which makes you look different to everyone else (*being the odd one out*).
- People who are able to stand out and be popular at the same time are said to have **charisma**. This is a gift which some people have but not others and it can often involve having a very accurate understanding of what is going on around you. It is popular belief that you can only have charisma if you were born that way but in the case of Asperger Syndrome this statement is not applicable.
- It is usually better to stand out from the inside than on the outside.

Coming Clean

- Amongst certain groups of people, you might decide you want to come clean and tell them that you are autistic. This is entirely your own choice.
- You might, however, wish to tell just one person in the group (preferably the one who is friendliest towards you) in which case if you want it kept a secret, it might be a good idea to say so, otherwise the message might spread behind your back and it can be extremely difficult to tell whether or not people know.
- If you are coming clean for the first time in your life, it might be a very difficult move; but as people find out they might become a little less hostile and a little more accepting.
- On the other hand, you might have come clean to so many different people that you are sick and tired of saying it.
- You might find coming clean a more effective tactic as you get older. People who are caring and mature might bring many things to your attention in order to be constructive. However, it is better if they do this while there are just the two of you in the room. You may need to point this out at the time.
- Coming clean might make some people very interested in you and may give you a lot to talk about.
- If the message that you are autistic gets to someone who has been giving you a particularly hard time, it may make them feel guilty and do some good, but not always.
- The worst reaction you can get is when people become more hostile towards you because of having found out. This will nearly always be from people who didn't like you much to start with or who have little or no knowledge of autism.
- To deal with people who don't believe you when you say you are autistic can be difficult but to have a detailed understanding of the problem can be very helpful in shattering the myths (e.g. when people say you can't possibly be autistic because you make too much eye contact, or even because you can talk!)
- Amongst children or young teenagers it might be a better idea if you do not come clean, at least until you know them very well.
- Within the world of autism and Asperger Syndrome, there is quite a demand for 'out of the closet' Asperger sufferers, who are able to explain to parents, teachers and professionals exactly what it feels like to be autistic. There can also be money in it.

Education

- You might have teachers who are holding you back by thinking you are not intelligent enough to take your exams. If you know inside that you are, then this can be extremely frustrating. Try to get the help of a teacher who you seem to get on well with.
- If you are being held back because you are not doing all that well at your English exams then it might be because you write about situations which are strange and not realistic, in which case having read this book might help you. Remember, this subject is more about feeling than it is about words.
- Listen to any advice or instructions offered to you by your teachers even if at first it sounds unimportant to you. It helps them to be sympathetic if you make it clear that you are listening by nodding or saying 'Right'.
- When people explain things to you which sound interesting or you are in a lesson, it is important to look interested otherwise people could easily assume that you are bored. Remember that speakers do watch the expressions on the faces of their audience.
- Pay close attention to your school reports because they are often chock-a-block with constructive criticisms.
- One of the problems you are likely to face in classes or lectures is concentration. **No-one** is able to concentrate 100% for a whole hour but to take short-hand notes which you will be able to look back on is normally to be expected.
- If a lecturer or teacher asks a question and no-one puts their hand up it is often because no-one wants to stand out NOT because no-one knows the answer.
- It is sometimes slightly difficult to distinguish between the information you do and don't need to commit to memory.
- If you try to show lots of obscure academic knowledge to get public recognition, then you might be going the wrong way about it, however intelligent the people you are talking with are.
- Remember that most people exaggerate about how little work they do.
- Try not to compare yourself too much with other people.
- You might get especially worried about your exams but remember that you can still live a happy and fulfilling life even without any qualifications at all, and many people have to.
- You might find maths, science, foreign languages and computer studies easier than things like English and History, contrary to what most people find easier.
- Make sure you choose a subject which leads to a job where you don't have to keep socialising and chatting people up. The 'back-room' jobs like computer, research or pharmacology are easier from this point of view than selling, management, teaching or social work.
- Remember that there are set rules and conventions about academic method and presentation. To conform to these guide-lines and closely follow a syllabus can be very significant to your final grades.
- One symptom of autism is that you may feel unsettled if your daily or weekly routine is disrupted. You might be able to structure your time so that you have time allotted for working in and time set aside for other things like watching TV, films, listening to music or going out. If someone invites you to go out try not to worry too much about your work, try to be flexible. You will have plenty more time for work.

Living Away from Home

- You may start living away from home for a number of reasons, whether it is so that you can be independent or whether you are going away to university or even just staying in a youth hostel for a week or two to meet people.
- You will start off with a clean slate. To keep it this way see relevant chapter.
- You might have to become quite flexible in your routine if you want to take the opportunities of going out. Also, you might have to wait your turn to use the kitchen when there are too many people, or have to compromise your favourite TV program now and then when people want to watch something on the other side (if there is only one TV).
- Your routine might be quite complicated and hard to manage if you are doing a course or a stressful job, in which case it can be extremely useful to plan each week in advance (which may take about 20 minutes each Sunday night but will save you much more time in the long term). Use a diary.
- It is equally important to have everything you need gathered up the night before work, so that you are not in a frantic rush trying to get organised in the morning before you have to rush off.
- **Always** knock on the door and await a reply before walking into someone else's room or office, otherwise you will probably be told off.
- **Always** let your flatmate know if you are going away for more than 24 hours or they WILL worry, even if they aren't the nicest people to live with. If you were unable to do this for some reason, phone them.
- People might expect you to do the washing up or some house cleaning every now and then. This is called **pulling your weight** and is supposed to be equally fair on everyone and be a team effort to keep the place clean and tidy. Some people don't mind mess as long as it's hygienic mess but some people dislike mess and think that everyone should pull their weight and tidy up regularly. If you are lucky you will be living with other people who share the same attitude as yourself. Also, people who dislike mess are more likely to comment if they feel that you don't take a bath or shower often enough.
- You might have a whole array of different kitchen tactics to that of everyone else. In the eyes of some people this is all right as long as your tactics don't leave any unnecessary mess behind and your table manners are all right but some people might make comments about it and ask you to do things the same way as they do. It is your choice whether you decide to remain original or conform, but give some thought to both options.
- By making mental notes about the ways in which other people do their cooking, washing up, house cleaning or shopping you might be able to learn faster, more efficient ways of doing these things yourself. You may be taking short-cuts which do in fact make extra work for you afterwards.
- If you have a bit of free time on your hands, you might be able to nip out to the shops, buy the ingredients you need and cook yourself a really good meal. If you have access to a recipe or a set of instructions on the side of a jar, try to make use of it rather than rebelling against it. Also, it is somewhat cheaper to plan in advance what ingredients you need and get them along with the rest of your shopping at the supermarket rather than the corner shop.
- Non-autistic people are quite good at remembering which plates, cups, saucepans or cupboards belong to which people. Things like this allow them to do detective work and notice things.

- If people in your flat smoke cannabis or do other illegal substances, keep quiet about it when outside your flat (see *nights out* for further information).
- If you follow the rules given in the chapter *Body language* it might make you a slightly easier person to live with. Remember also that there might be a 'pecking order' in the flat which everyone is fairly aware of but no-one ever talks about.
- You might be living in a flat where everyone is being nasty towards you, in which case it might be a good idea to move out and live somewhere else, starting again with new people and a clean slate.
- If you are able to, get the 'contract' checked out professionally before signing it and moving into a new place.

Using the Phone

- Always answer the phone in a clear polite but relaxed voice.
- When speaking on the phone, it can be quite a relief to know that body language and eye contact are no longer important but tone of voice and clarity of speech become more important.
- If someone asks to talk to someone else, ask politely 'who is it?' to get their name and then say 'ok I'll just go and look for them. This will give the other person the opportunity to ask 'who is it' and perhaps to say 'tell them I'm not in' in the event that it's someone they would rather not speak to.
- If that person is not in you may be asked to take a message in which case if you think you might not be able to remember to pass it on you **MUST** write it down and leave it somewhere near the phone.
- When phoning other people you don't want to phone too early in the day or too late at night. This might mean having to be very patient. If you wish to phone someone you have met on a night out who you fancy, it is important not to phone them too soon after meeting them. It is best to leave it at least a day so they don't think you're coming on too strong.

Guests

- When you have a friend round or when you go to visit someone else through invitation, or even if you are living with a friend there are a number of points which are useful to know.
- It is usually the responsibility of the host to offer the guest a drink. The guest shouldn't have to ask.
- Sometimes you have to put a little bit of effort into making a guest feel welcome.
- Try to avoid situations in which the other person might feel slightly 'cornered' either physically or verbally. Well at least until you know them quite well.
- Try to avoid situations in which you unexpectedly leave a friend or a guest on their own.
- Knowing when to say goodbye is a difficult process which can sometimes involve people dropping gentle hints or jokes about chucking the other person out. If you don't pick up on the message early enough then it can sometimes create tension. However, a laugh and a smile can often make the goodbye process much more graceful.

Jobs and Interviews

- In an interview *body language* is extra important and you want to look confident and relaxed. You are also expected to sit still with your arms by your side or on your lap and a good posture and this might be an effort for you. You are expected to speak clearly and professionally.
- First impressions are extremely important.
- Prepare as many possible answers for as many possible questions as you can but don't over rehearse or rigidify your answers. It is good to get help at this stage.
- Know what your skills and talents are.
- The interviewer will often drop you a few **hints** towards the end of the interview (using mainly *body language*) to let you know whether you are likely or unlikely to get the job.
- There are courses and classes around which teach interview technique.
- All the same rules apply in the workplace as they do anywhere else; but the one difference is that there is something at stake, your job. This means it is extra important to keep a clean slate or you might be a target for **scape-goating** which is a very nasty threat to your job (see *Distortions of the truth*).
- If in doubt keep quiet. This is often seen as a good quality in the office.
- Like it or not, as an autistic person or someone with Asperger syndrome some jobs will be more suitable than others. Examples are as follows:

<i>Suitable jobs</i>	<i>Unsuitable jobs</i>
Graphic designer Computer programmer Computer technician or operator Research scientist Medical research scientist Architect Pharmacist (Which are respected professions which generally take place in environments with people who tend to be perhaps just a little bit more accepting of the needs of those who worry. Please note that I have specifically chosen to show quite difficult careers here and there are plenty of easier careers available.)	Salesman Manager Solicitor or lawyer Police officer Doctor, dentist or health inspector Secondary school teacher Airline pilot (All of which can be highly stressful and competitive occupations that involve making difficult decisions and compromises under intense pressure from other people; some also involve using and interpreting body language in a subtle way.)

- In the workplace, everyone is usually under a constant struggle to keep their jobs. This means being organised and methodical all the time to avoid confusing situations. Good communication is very important.
- Sad as it may seem, devious games can occur in the work place and sometimes you might feel great compassion for someone else who is on the verge of losing their job unfairly. However, to defend them can often be putting your own job at risk as well. If you do wish to defend someone against a higher authority first ask yourself whether it is worth the risk.

- Be on the lookout for the ‘authoritarian personality’. These are people who tend to be very much bound by the rule-book, very respectful of higher authority, bossy to junior staff and quite hard to reason with. What really needs to be remembered is the fact that these people can often be much more cunning than they look.
- If you are doing your own research you may find yourself in a situation where you wish to patent copyright or create proof of ownership of a piece of work you have produced. The easiest thing to do is to make a copy, seal it in an envelope and post it to your home address. It gets the date stamped on it in the post. Don’t open the envelope when it arrives but keep it sealed and stored away in a safe place. Recorded delivery may be more reliable and legally airtight. Also, keep any notes you have written whilst producing your work. You now have legal proof that it is your work and should not have to worry too much about it falling into the wrong hands.
- You tend to meet three different kinds of people in life, Meek, Assertive and Aggressive. Aim to be the **assertive** type.

Meek	Assertive	Aggressive
Looks down.		Stands still with stiff, rigid posture.
Keeps his fists clenched (a closed signal).		Keeps his arms folded.
Often speaks too quietly.	Has an upright but relaxed stance.	Shouts and points finger.
Steps backwards when spoken to.	Maintains eye contact when listening or speaking (for over two thirds of the time) looking at faces as a whole.	Bangs desk or table.
Has a weak handshake.	Has a firm handshake but not too firm.	May give eye contact almost the whole time he is speaking (looking straight into the eyes).
Is easily put down by others.	Is able to say ‘no’ when needs must.	Is better at talking than at listening.
Is often angry with himself for allowing others to take advantage of him.	Can express his true feelings.	Likes telling others what to do.
Is shy and withdrawn in company.	Is interested in other people’s opinions as well as his own.	Thinks his own opinion is always right.
Cannot accept compliments.	Tries to treat everyone as equals.	Likes to tell other people they’re useless.
Says ‘oh dear!’ and ‘sorry’ too much.		Tends to make himself quite lonely because people feel they have to be careful around him.

Driving

- Driving is quite a bizarre skill to learn. How fast you pick up driving often has nothing at all to do with your intelligence in other things. Some real dimwits are still able to drive in as few as five lessons whereas some really intelligent people can need as many as fifty lessons.
- I myself went through sheer hell learning to drive. The most difficult thing for me was planning in advance and thinking ahead. I also had a very heavy telling-off from one of my driving instructors.
- Try to find a sensitive instructor if you can. Some driving instructors can be opinionated, randy, impulsive or impatient.
- As already pointed out, try not to compare yourself with other people. Other people might be exaggerating about how few lessons they needed and might be lying when they say they passed first time.
- Slow progress is still progress.

Travelling abroad

- If you travel abroad somewhere for whatever reason you might find you have to adapt yourself to a rather different way of life. This might be quite pleasant, or it might be quite difficult and inconvenient for you (culture shock).
- Whenever you are in a different country take extra care crossing the road because in some countries there is a lot of reckless driving, drunken driving, speeding, cutting corners, shouting at other drivers and showing off.
- If you are travelling of your own accord be careful about your choice of destinations. Find out about the reasons for which most people go there and DO NOT rush your decision.
- If you decide to go on an *expedition*, remember that you might have to be travelling and living with the same group of people almost 24 hours a day and that the rules given under the chapter *living away from home* might apply twice as strong. Also, you might be living in a way which is particularly uncomfortable and inconvenient.
- If you end up not getting along with the group as well as you would like, you might decide to venture away from the group on your own and talk to the local people, who might welcome you with open arms and treat you as an honoured guest in their home where the pace of life might be much slower and calmer than you are used to.
- If you end up as a guest staying at someone else's house along with all your luggage and possessions, be sure to write down their address and/or telephone number as soon as possible, preferably in secret, so that if you get lost (e.g. in town) you won't get permanently separated from them. With people who are over-friendly, it is especially easy as an AS sufferer to become over-trusting, even if you don't think this will be a problem at first.
- On the other hand in some countries the people tend to be colder and less interested in you than they are in the west and it can be quite awkward to talk to them. There may also be a lot of tension and possibly heavy prejudices and racism about in these places, so if you are of a different religious faith it will be best to keep it to yourself.
- In third world countries things don't tend to run as smoothly as they do in the west and you will be living a more risky existence. Even if the people are excessively friendly, they can sometimes turn quite nasty if provoked or offended in some way. The value of human life might be a lot cheaper than it is in the west.

- In the third world the people might be as much as a hundred times poorer than people in the west, but this does not mean that you will be helping out by giving away your money. In poor corrupt countries money always has a habit of finding its way to the richest and most unscrupulous people who exploit people poorer than themselves. Charities like Oxfam and Comic Relief are highly trained and experienced in getting the money and the resources to the right people in the right places.
- In many third world countries, the police, court system and law might be extremely harsh and corrupt so keep out of trouble and try to keep a low profile. The police might be able to get a lot of bribe money by setting you up as a scapegoat and then taking you hostage in one of their disease ridden, often crowded and highly uncomfortable police cells.
- If you are travelling abroad independently for the first time, it is most certainly best to stay in the Western World and travel to countries like France, Holland, Canada, Spain, Scotland or Switzerland, parts of which can be very beautiful and pleasant.

Bartering

- In many countries (all over the third world and also over much of Mediterranean Europe), you will be constantly expected to barter and bargain in the market place. The generally agreed prices can vary anywhere from one eighth to one half of what you would normally expect to pay for them in the shops in the west. Bargain with a smile and in good spirit but remember that it is always your own responsibility to be assertive and not let yourself get ripped off. It is also entirely the sale merchant's responsibility not to sell at a loss. If you have made a good bargain for yourself they may play heavily on your guilt as you walk away by saying something like 'you're taking the shoes off my children's feet!'
- Remember that getting ripped off can make you feel angry with yourself.
- These people don't sell at a loss, some of them may have decades of selling experience behind them.
- If someone tries to make a bargain with you which is unfair or seems untrustworthy, simply say 'no thank you' and calmly walk away.
- It is easy to get ripped off if you are unfamiliar with the currency.
- If you are making an informal deal with someone back at home, you want to be neither too generous nor too stingy. To find the balance can be hard.

Opportunities

The first move in finding yourself a social life is often seeing an advert in your local paper and picking up the phone. The most difficult step can often be just picking up the phone.

Clubs and societies can be a good way of meeting people but often require you to be good at a specific hobby or interest if you are to be valued by the group. However, there are also singles clubs and places that exist simply for the purpose of meeting people.

Voluntary work is advertised in the papers and probably also in your local library.

Also, it could be a very good move to enrol in an evening class. **Counselling courses** and **psychology classes** may give you a lot of extra insight into social interaction. Even if you

don't actually pass the exam, you could easily find yourself drawing more benefit and reward from the course than any other student.

A Personal in depth analysis of the problem

I personally believe that the best key to overcoming autism is understanding it. Autism is caused by various biochemical processes that affect the way the brain develops.

For some time I believed that the brains of autistic people were structured slightly differently so that there is a greater tendency for neuronal impulses to travel up and down (literal thinking) and a lesser tendency for them to move sideways (lateral thinking). This phenomenon would be spread throughout the whole brain rather than being local to certain regions. Experiments with neural nets on computer systems have shown that nets which emphasise up and down movement of information (like in autistic brains) give excellent storage of detail but show less ability to distinguish things. Nets which emphasise sideways movement of information show excellent distinguishing power but are not as good at storage.

On the much larger and more complex scale of the brain, this means that non-autistic people are more aware of plot but autistic people are more aware of detail. Autistic people are better at logical problems but less intuitive. This doesn't necessarily mean that autistic people should have brilliant memories, on the contrary they can often be quite absent minded about certain things. The heightened sensory awareness and constant recall of extra details, many of which are unimportant can be a never ending source of distraction to concentration and learning skills. It can be especially difficult to pick up information regarding the culture one lives in especially in today's Western society which I feel is suffering from cultural overload (see [general knowledge](#)).

What I now believe is similar to the above but slightly modified. I now feel that perhaps the root cause of autism is an increased bias towards the re-assessment of previous thoughts (hence the repetitions and rituals). Consequently the capacity for intuition and context awareness is reduced.

To assess a social situation, one needs to pick up on as many clues as possible and swiftly piece them together. The final deduction is often greater than the sum of its parts.

Also, a difficult thing for an autistic person is 'finding a balance' and this may show its self at all levels of behaviour and reasoning. The ability to adapt to the 'situation continuum' and conform to the surrounding world is however an extremely ancient survival strategy which is most relevant in the social sector of life.

If I could explain Asperger Syndrome in just one sentence it would be as follows:

**Autistic people have to understand scientifically
what non-autistic people already understand
instinctively.**

Further Reading

Allan Pease (1984) *Body Language*, Sheldon Press.

David Cohen (1992) *Body Language in Relationships*, Sheldon Press.

Ursula Markham (1993) *How to deal with difficult people*, Thorsons.