

For our NT wives; we empathize with you as you experience the feeling of being just a roommate because of a lack of emotional relationship with your ASD spouse. This is a challenge.

As the NT spouse, we see enough traits with our spouse to identify them as ASD/Asperger's. Yet that's not enough, the identification is just a starting point. From there, we need to learn how those traits play out in marriage and especially in the relationship. We need to come to accept that ASD/Asperger's is a neurological/neurodevelopment condition. It impacts the way their brain is wired which results in their way of thinking and behaving. This is going to be quite different than a neurotypical. You will see it in their thought processing, communication, and behaviors.

As NTs, we view our marriages with our NT mindsets, our NT lenses and NT expectations. And when this fails us, we are in utter confusion with hurt feelings, questioning why our Aspie just isn't getting us and what we need from them.

This is where we NTs need to adjust (not lower or give up) our expectations. We need to shift our expectations from being neurotypical to neurodiverse.

So I am posting this information below to help get you started on learning about ASD/Asperger's and emotions.

You may want to copy and paste this to refer back to, or print it out and save it in a safe place.

How Asperger's syndrome impacts a man's ability to show emotion. "Men with Asperger's syndrome (AS), now recognized as a part of the autism spectrum disorder (ASD), face unique challenges in expressing emotions that can be perceived differently by neurotypical individuals. This difference is not necessarily due to a lack of feeling emotion, but rather a difference in how emotions are experienced, recognized, and communicated.

Here's how Asperger's syndrome can impact a man's ability to show emotions: Challenges with recognizing and understanding emotions:

Men with Asperger's may struggle to interpret facial expressions, body language, tone of voice, and other social cues that convey emotions.

They may also have difficulty understanding their own emotions and how their actions affect others, leading to misunderstandings and challenges in social interactions.

This difficulty with emotional recognition and interpretation is often linked to differences in brain activity, with areas like the amygdala (involved in emotion processing) showing different activation patterns compared to neurotypical individuals.

Challenges with expressing emotions:

Men with Asperger's may find it difficult to express their emotions in ways that are socially expected or easily understood by others.

They may have limited use of gestures, facial expressions, and variations in vocal tone, leading them to appear emotionally flat or detached.

Some men with Asperger's may even mask their natural emotional expressions to try and fit in, which can be mentally and emotionally draining and lead to burnout.

Potential link to alexithymia:

Many individuals with ASD also experience alexithymia, a condition characterized by difficulties in identifying and describing one's own emotions, and distinguishing between emotions and bodily sensations.

Studies suggest that alexithymia, rather than autism itself, may be responsible for some of the difficulties in emotional processing and empathy often associated with ASD.

This suggests that interventions aimed at improving emotional identification and communication skills, such as therapies focused on identifying feelings and developing emotional vocabulary, might be particularly helpful.

Impact on relationships:

These challenges in showing emotions can significantly impact relationships with family, friends, and romantic partners.

Partners of men with Asperger's may feel emotionally neglected or misunderstood, leading to feelings of loneliness and resentment.

However, some women find qualities like kindness, attentiveness, honesty, and a strong sense of social justice in men with Asperger's to be attractive.

In essence, while men with Asperger's may express emotions differently than neurotypical individuals, it doesn't mean they don't experience the full range of human emotions.

Understanding and adapting to these differences, focusing on clear communication, and creating supportive environments can help foster stronger connections and improve social well-being for both individuals with Asperger's and their neurotypical counterparts.”

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