

How To Speak To Your Aspie

Communication Day 1

Let's start with some validation. It may be very true that while the NT and ND dated the NT may have not been aware of how much they may have been initiating conversations.

During the courtship and engagement, the ND may have been putting forth extra effort to have more conversations with their NT, we may have not been aware that they were doing so outside of the ND's comfort zone.

If not married, and you are still in a relationship, or you did marry, with time marching on, the NT now is experiencing lack of initiating from their ND. The NT may interpret this as the ND falling out of love with them. However, for the ND, they are now more settled in the relationship and feel less of a need to initiate as before. They are more relaxed and now reverting back to their comfort zone. Again, your ND HAS NOT/IS NOT FALLING OUT OF LOVE WITH YOU.

Even though initiating and sustaining conversation may not come naturally to the ND, it doesn't need to become the entire responsibility of the NT spouse/partner. The ND can choose to work on "initiating contact by scheduling specific times when the email, text, call, or seek out their partner for a conversation.

If by chance you have a chatty ND, who may talk too much, a helpful guideline for them is to moderate their conversation to NO More than 3-5 sentences at once.

The Listen, Validate, and Compliment Strategy™

Convey the following three points during your conversational turn. Use no more than three to five sentences for each point.

1. Listen to your partner, and paraphrases what you heard her say to show her that you've been listening: "I heard you say that you had

frustrating day at work. You said that you've been doing the work of two accountants for almost six months. Is that right?"

2. Validate your partner. "That sounds an awful lot of extra work. That must be challenging."

3. Compliment your partner: "It sounds like you are doing all you can, to do the work of two people. You're such a hard worker."

The above information and excerpts are from *Marriage and Lasting Relationships with Asperger's Syndrome (Autism Spectrum Disorder)*

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