

Many NT wives have the experience of feeling blamed by the Aspie spouse.

NTs, here is some information that you may find of valuable help.

“How do I keep myself emotionally detached when my ASD partner is blaming me for things going wrong? I want to be supportive, but sometimes I react emotionally and get defensive because I feel attacked.”

“Navigating a relationship with a partner who has Autism Spectrum Disorder (ASD) can be challenging, especially when conflicts arise. Here are some strategies to help you maintain emotional detachment while being supportive:

1. Practice Self-Awareness

* Recognize Your Triggers:

Identify what specific comments or behaviors from your partner make you feel defensive. Understanding these triggers can help you prepare your response.

* Pause Before Responding:

When you feel defensive, take a moment to breathe and collect your thoughts before reacting. This can prevent knee-jerk emotional responses.

2. Use “I” Statements:

* When discussing issues, frame your feelings using “I” statements (e.g., “I feel overwhelmed when...”) rather than “you” statements, which can sound accusatory. This approach can reduce defensiveness.

3. Focus on the Issue, Not the Person:

* Try to separate your partner’s behavior from your feelings. Remind yourself that their blame might stem from their own struggles rather than a personal attack on you.

4. Set Boundaries:

* It’s important to establish emotional boundaries. Let your partner know when their behavior is affecting you negatively. You can say something like, “I want to support you, but I also need to take care of my feelings.”

5. Engage in Active Listening:

* Show that you are listening by summarizing what your partner says and asking clarifying questions. This can help them feel heard and may reduce their need to blame.

6. Practice Emotional Regulation Techniques:

* Techniques such as deep breathing, mindfulness, or grounding exercises can help you stay calm. Consider incorporating these practices into your daily routine.

7. Seek Support for Yourself:

* Consider talking to a therapist or joining a support group for partners of individuals with ASD. This can provide you with tools and perspectives to better handle challenging situations.

8. Educate Yourself on ASD:

* Understanding the characteristics of ASD can help you navigate your partner's behaviors. Knowledge can provide context that makes it easier to manage your emotional responses.

9. Reframe the Situation:

* Instead of viewing blame as a personal attack, try to see it as your partner expressing frustration. This shift in perspective can help you respond with empathy rather than defensiveness.

10. Communicate Openly:

* When tensions are low, discuss how you both can communicate more effectively during conflicts. Collaboratively establishing strategies can help reduce misunderstandings in the future.

Conclusion:

Maintaining emotional detachment while being supportive requires practice and patience. By focusing on self-awareness, effective communication, and emotional regulation, you can create a more balanced dynamic in your relationship. Remember, it's okay to seek help for yourself as you navigate this journey.”

(From: Quora)

I found this response that I'm posting below to be quite interesting for us NT's to read.

Response From: An anonymous Aspie Man

“I'm responding anonymously as I prefer to not be catalogued.

I'm autistic and suffered from similar problems early in my now 16 year relationship with my spouse. It seems reasonable to assume we've been able to work beyond our various challenges.

I've also heard that those of us on the spectrum are especially loyal, particularly if we find people willing to work with our idiosyncrasies.

You are well within your rights to feel attacked, you have a right to feel, but also try to understand that your partner is also being

attacked, by their mind and their perspective. This is how we're wired we can see not just the forest and the trees, but the leaves, the cells, the atoms... And we mistakenly believe this is how everyone else is too.

While I cannot describe your partner by mere virtue of them being ASD, you must understand that their internal experience is vastly different from yours (supposing you aren't ASD as well). Additionally, we experience emotion in a very different way, one which can be confusing from an observational standpoint, we feel, a lot, know this. It has been my experience that most of us on the spectrum read details that an ordinary person would not take notice of and furthermore may expect that you see the world similar rather than different.

This is the trouble.

The two of you must understand how the other sees and experiences the world. They (your partner) need to also learn what a neurotypical person like yourself sees and especially feels.

It is my firm belief that one of the key differences between neurotypical and ASD people is the level of instinctual vs conscious effort in every decision. Whereas you may automatically do certain things out of instinct they'll no doubt manage nearly every single detail of their thought process and at some point meltdown from exhaustion.

This is where the blame from outside influencers come in, if they didn't see the source, they couldn't have possibly had any influence, and thus since not their fault, the fault is outside but no one has that level of detail in their ability though they've learned to feel they're able to control their world, safely.

They need to learn to accept that they will make mistakes and that others will too.

Since they likely believe that you weigh out all decisions like they do they'll also respond as if you did so and when the situation is unfavorable feel as if you either made a catastrophic mistake through bizarre logic or that you are doing so within a logical structure and therefore deliberately acting counter to their interests.

It is quite possible they felt that you see the world like they do because while initiating a courtship we want to make our partner feel more like us rather than different. The simple concept of rapport

works for Neurotypical-Neurotypical relationships all the time but the rules are different outside this pattern.

There is a simpler approach where the two of you, like any other couple, following a fight, talk it out.

Start with compassion and seek to understand, you'll possibly discover that I may be way off but gave you a snapshot of one aspie's world with the hope that you'll explore the internal world of your partner.

Remember, each of us with ASD are different from the other but some parts of us are similar.

My ASD talents include the ability to follow and participate in multiple conversations, recall of extremely high definition details, visual pattern recognition, intense learning capabilities, and other things AND that after doing so too much I burn out.

When I apply those same things to analysis of an emotional relationship I am pre-meltdown.”