

How To Speak To Your Aspie-Day 6

Some scripts on how to phrase words that may make them more approachable with your Aspie spouse/partner.

I wonder whether _____

Let's see if _____

Maybe we could _____

A possible idea could be _____

I'm afraid it's not possible right now _____

Would you please be willing to _____

What is your plan for _____

What is the next step _____

When do you plan to do that _____

How will you remember to do that _____

Would you like my help remembering _____

Is there something helpful I can do if you forget _____

When speaking to your spouse/partner:

Avoid open-ended questions

Keep questions short

Ask only a minimal amount of questions

Only ask the most necessary questions

Offer options or choices

Avoid criticism and blame

Keep calm and composed

Be confident

Say it slowly

Be specific

Keep it simple

From: National Autistic Society