

How To Speak To Your Aspie- Day 4

Our spouses/partners with ASD, tend to be visual communicators. Many think and learn visually by way of pictures, videos, photographs, and reading is preferred over hearing directions or instructions.

Suggestions: the NT and ND can communicate by way of text messaging, drawings, hand-written notes, emails, or the use of cards. Cooper becomes overwhelmed with words. This is one reason for him with why attending church is difficult. For him to sit through an entire service, is just too many words.

If I'm dialoguing with him, he will let me know that I'm using too many words.

When we have had major disagreements, after pausing to let us both reset, we have texted one another to process through our differences, and then reconcile.

There have also been times when I have verbally tried to explain or describe an important matter. Cooper is not grasping my words, so I have literally drawn pictures. I kind of think of it as our neurodiverse version of Pictionary