



SELF-AWARENESS

OR LOVING THE ALIEN

IDENTITY

- Self-awareness encompasses “perceptions, sensations, attitudes, intentions, emotions, and public self-aspects, e.g. behaviour”
- In the autistic person, awareness can be heightened in some areas such as sensory perception, resulting in painful and uncomfortable things (skin, reactions to sound, sights), or very pleasurable things (music, textures, etc.)
- Limited in other areas:

ALIENS

- Many young Aspies don't feel fully fleshed-out, more like a hard drive perched on shoulders. The boy/girl who fell to earth.
- We may not be using our body as fluidly as perhaps a NA (NT) would. Uncoordinated, strange gestures, lack of or unusual facial expression, not speaking.
- Whether or not we are diagnosed or suspect AS, it takes a long time to integrate consciousness with body and then with World.

IDENTITY

- Blank pages, need for experience and knowledge. Hence, binge-reading or watching, also reckless behaviour
- Gender fluid
- Name changes are common
- Cosplay, etc.
- Acting, masking, mimicry
- Burning bridges (dramatic exits)

RELATING TO OTHERS

- As we get older it becomes more about the verbal things, the way we approach conversation, the way we listen, the way we respond, the amount of empathy we feel, theory of mind.
- The opinion and the judgment of others will impact our self-esteem and self-image, so if we aren't self-aware and we're failing at social things we will internalize this and think we are failures, making it more difficult for us to grow in a healthy way.

SELF-LOVE OR SELF-LOATHING

- As a result our social relationships, including the one with ourselves, might be a bit rocky at best, non-existent at worst. We will spend a lot of time trying to figure out other people. We might simply think that they're mean and judgmental. But self-examination and understanding ourselves both in and of ourselves and in the light of others is crucial to the growth process as a human being.

DIAGNOSIS / SELF-DIAGNOSIS

- Diagnosis, self-diagnosis or even reading your first book on Asperger's can really expedite the process, because you begin to take a long vivid stroll through your history, re-evaluating major events, leading to many "aha" moments.
- How powerful this is cannot even be described. It encompasses every emotion imaginable, often sadness and anger, because if we only knew we were autistic and if other people only understood us better, how differently things might have gone.

AWAKENING

- We might become Warriors for autism education. *Aspergirls* helped spawn a generation of advocates: vloggers, bloggers, authors, group leaders.
- We all talk about autistic pride and acceptance but in order to be accepted we have to understand who we are, what we want and how we appear to others. And we must come to a place where we accept and love ourselves not blindly but with knowledge and self-awareness. This requires endless self-examination, working on yourself, until we have what pop culture refers to as a “woke” moment. Except it’ll probably be a long, long series of moments.

DIFFERENT, NOT LESS. AND NOT MORE

- Understanding how Asperger's/autism makes us different, how it sometimes appears to others in a negative light is crucial. Only then can you then translate or interpret other people's reactions to you and better manage your social life. We will always be autistic, we will always be more blunt, more cognizant of certain subtleties in human behavior, situations, interactions. NAs will see things on a different level. Like two radios tuned to two different stations at the same time, or two people listening to the same Orchestra but one is focused on the percussion and one is focused on the string section.

MANY ROADS TO SELF-AWARENESS

- There are many roads to self awareness and self-actualization: mindfulness, meditation, interaction, practice, education, sport, dating, etc.
- Unfortunately many will give up and their only interactions will be on SM or with other video gamers. This will lead to a pretty narrow character. To become fully fleshed out, to integrate these wonderful autistic minds with our bodies and with the world, we have to throw ourselves into the fray and sometimes we will get hurt.



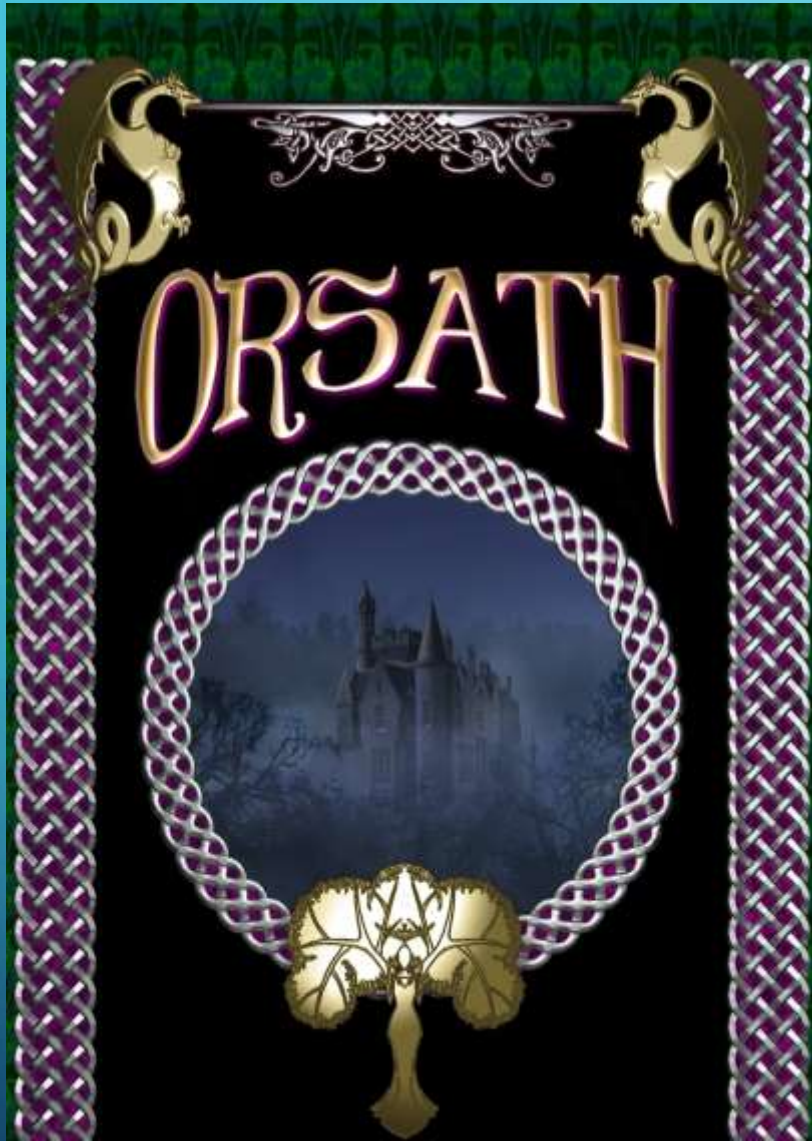
WHO ARE YOU?

“WHEN I WAS LITTLE I THOUGHT
THERE WERE SO MANY
DIFFERENT ‘TYPES’ OF GIRLS.
SO WHEN I WAS LITTLE I’D
ALWAYS THINK TO MYSELF,
WHICH CHARACTER AM I?
WHICH TYPE AM I? BUT GIRLS,
AND YOUNG PEOPLE IN
GENERAL NEED TO SEE THE
RANGE OF POSSIBILITIES,
BECAUSE NOT ALL GIRLS HAVE
TO BE SCIENTISTS, NOT ALL
GIRLS HAVE TO BE TOUGH, YOU
KNOW? IT’S COOL IF THEY WANT
TO BE MOMS OR BE MORE SHY
AND VULNERABLE.”

- NATALIE PORTMAN

SPECIAL INTERESTS

- Follow your special interests. They will lead you to your fulfilling career and life.
- Women especially may have several but there are usually one or two that we come back to time and again, or that never really leave us
- Read *Aspergers on the Job* (Rudy Simone) for more on that



WHERE TO READ/BUY/LISTEN

- www.Patreon.com/TheArtemisia
- www.Help4Aspergers.com
- www.AspergirlSociety.org
- www.Youtube.com/rudytutti