

## Aspergers (or Auspergers) Syndrome – Additional Notes

The individual with Aspergers Syndrome will often resort to formulas of thought and behaviour. Neurologically they are unable to make certain instinctive social links or nuances, or can only think in formulaic terms, so they learn to apply formulas explaining communications expressive nuances or body language. They assign categories of meaning at a very literal level.

They become exceedingly disconcerted, stressed and distressed over (to us) very minor elements (they are hypersensitive/fixated to seemingly inconsequential things. For example, to a particular hand gesture or a particular phrase of speech which will have (adamantly) a categorical meaning and therefore the person must create a formula of explanation. The “formula” may not “fit” and so the person comes across as odd or eccentric in their reactions. They may not disclose this “formula”.)

They perceive others as acting on formulas and this may appear unjust. The others may genuinely not be cognisant of the particular trigger that has set off the disconcerted response since it was probably very minor, unnoticeable, not important. For example, someone may scratch their nose and the Aspergers Syndrome individual may assign the formula that they are intending to “thumb their nose” at him/her. So the Aspergers Syndrome individual may abruptly walk away. The “nose scratcher” then remains puzzled totally.

They are often highly intelligent and have a particular capacity at times to “sum up” and if that summation “fits”, it is very acceptable. However, they become confused if it doesn’t.

The developmental years of experience of not quite connecting lead to secondary trauma. So they need affirmations and “inclusive” actions of acceptance as much as possible. Non-affirmation is often formulated as outright rejection. Allowing them to take part in areas in which they excel is good.

The sound sensitivity is particularly problematic. A “sniff” to them can actually be physically painful, similar to our experienced if we were subjected to a siren right next to our ear.

Some of the “symptoms” may not be present in the adult Aspergers Syndrome individual.

Some may be more or less strong as stated.