



Key Take-Aways

Redefining the Autism Narrative: Part 2

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Summary: Listening to adult autistic advocates can avoid harmful narratives of autistics that are a part of a stigmatized, marginalized existence where professionals deem variation from the norm as pathology rather than honouring neurodiversity

- Masking is a trauma response of suppressing behaviour, sensory responses, interests, and the way one communicates to project an acceptable version of themselves depending on who we're with
- The medical model of autism falsely claims that there are certain presentations of being autistic, and masking feeds that narrative
- Monotropism is about attention where your sensory system aligns to whatever you're focused on in that moment, making transitions challenging as you pull away to refocus on the next thing
- Monotropic communication in autistics has the intent of the transfer of knowledge and information rather than social 'chit chat'
- Strip down expectations to live in the moment with your child, looking for the positive and finding the strengths to build on

Link to this blog: <https://affectautism.com/2021/08/08/narrative>