



10 POSITIVE TRAITS OF ASPERGER'S

Tired of hearing media talk of all the supposed difficulties associated with Asperger's? Just like everyone else, Aspies have their faults and fluencies, so let's not hold back in celebrating some of the many wonderful Aspie traits that others find so refreshing.

1 Aspies Lie Less

Ever noticed how much more often others tell little white lies (and some biggies) than the more plain-speaking people with Asperger's. For Aspies, the truth tends to be just that – the truth. A kind word or compliment from an Aspie should hold great value because it is so often profoundly meant.

2 Aspies Live in the Moment

How often do typical folk fail to notice what's in front of their eyes because they're distracted by social cues or random chit-chat? Aspies are more truly available to the sensory inputs that surround them. So many have achieved the ideal of always being mindful of their environment.

3 Aspies Seldom Judge Others

Who's fatter? Richer? Smarter? For Aspies, such distinctions hold much less importance than for typical people. In fact, Aspies often 'see through' such surface appearances to discover the real person.

4 Aspies are Passionate

Of course, not all Aspies are alike, but many are truly passionate about the things, ideas and people in their lives. How many "typical" people can proudly say the same? We may think they are not listening sometimes... so when did they learn all they know? Just how deeply are they reading our book or watching the documentary we made?

5 Aspies Are Not Tied to Social Expectations

If you've ever bought a car, played a game or joined a club to fit in, you know how hard it is to be true to yourself. But for Aspies, social expectations can be honestly... irrelevant. What matters is what they really like, what really interests them, and the passion they associate with those pursuits – not keeping up with the Joneses.

6 Aspies Have Good Memories

How often do typical people forget directions, or fail to take note of colours, names, and other details? People on the autism spectrum are often much more 'tuned in' to details. They may have a much better memory than their typical peers for all kind of critical details.

7 Aspies Are Less Materialistic

Of course, this is not universally true – but in general, Aspies are not only less concerned about outward appearances than their typical peers, but – as a result - worry so much less about brand names, hairstyles and other expensive but unimportant externals than the bulk of the populace.

8 Aspies Play Fewer Head Games

Who was that woman, and *why* were you looking at her? I know I *told* you I didn't mind if you went out, but *why* did you believe me? Most Aspies don't play games like these – even assuming wrongly that you don't or won't either! It's a refreshing and wonderful change from the emotional roller-coaster that can harm many typical relationships.

9 Aspies Have Fewer Hidden Agendas

Most of the time, if an Aspie tells you what he wants – he is telling you what he wants. No need to beat around the bush, second guess, and hope you're reading between the lines! They do have their agenda, but it tends not to be hidden anywhere near as much as most others.

10 Aspies Open New Doors for Neurotypicals

For some of us non-Aspies ('neurotypicals' or NT's), having an Aspie in our lives has had a profoundly positive impact on the breadth and quality of our perceptions, our beliefs, our hopes and expectations. For instance, the ability to focus for a time on what concretely "is" rather than constantly musing on what "should" or "could be".