

Compulsion to Correct and Criticise

A common thread in most of my conversations with partners seems to be the ASD person's capacity for criticism and negativity and the impact on us as we live with this day in and day out.

At our workshop with Professor Tony Attwood in March 2015 someone in the audience asked Tony if people on the Spectrum are normally pessimistic or is it from childhood trauma and issues. Tony's answer was that pessimism, negativity, "glass half empty", etc seem to "come with the territory" of being ASD.

It seems that many adults on the spectrum compulsively focus on what's not complete or correct and compulsively need to correct it.

Rather soul destroying when the object of constant criticism and correction is us.

Carol Grigg, Feb 2016