

Social understanding

One of the tips for autistic people, like me, is to not just listen to what people say but how they say it.

Like, what's going on with their face and what does their body language say about how they feel?

Sometimes I don't understand exactly what people mean, especially when they don't mean what they say.

Sarcasm is my worst enemy.

So, watching how people act when they speak and listening out for changes to their tone of voice, this all helps me to understand what they mean.

Trouble is, I don't really like to look at people's faces when they talk, so I do miss some stuff.

And it can take me a while to realise how other people feel.

It's easier to pick up on social cues if I'm just talking to one person.

When there's loads of people it's just too much to take in. And that stresses me out.

Sometimes I have literally no idea what everyone is talking about or how they feel.

Are we joking, or is everyone upset?

But I'm getting better asking questions.

My friends get it. They love to tell me precisely what's going on.