

# Keep Clear: My Adventures with Asperger's Syndrome



Growing up, I always felt like I was on the outside looking in. I didn't understand the social cues that other people seemed to pick up on so easily. I was often awkward and shy, and I had a hard time making friends. As I got older, I began to realize that I was different from other people. I wasn't stupid or crazy, but I didn't fit in.

Finally, in my early 20s, I was diagnosed with Asperger's Syndrome. Asperger's is a form of autism spectrum disorder that affects social interaction and communication. People with Asperger's often have difficulty understanding social cues, interpreting body language, and making friends. They may also have repetitive behaviors and interests.



## Keep Clear: my adventures with Asperger's by Tom Cutler

★★★★☆ 4.7 out of 5

Language : English  
File size : 626 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 273 pages  
Screen Reader : Supported



Getting a diagnosis was a relief. It finally explained why I had always felt so different. It also gave me a sense of community. I learned that there are other people out there who understand what I'm going through.

Since being diagnosed, I've learned a lot about myself and about Asperger's. I've learned that my strengths are my intelligence, my creativity, and my ability to focus on my interests. I've also learned that my challenges are my social skills, my difficulty with change, and my tendency to be overwhelmed by sensory input.

I've also learned that Asperger's is not a disability. It's just a different way of thinking and experiencing the world. I wouldn't change a thing about myself. I'm proud to be who I am.

### **Embracing My Asperger's**

I used to be ashamed of my Asperger's. I tried to hide it from the world, but it was always there. I was afraid that people would judge me or think that I was weird.

But over time, I've learned to embrace my Asperger's. I've learned that it's a part of who I am, and it's nothing to be ashamed of.

In fact, I've come to see my Asperger's as a gift. It's given me a unique perspective on the world, and it's made me a more compassionate and understanding person.

I'm no longer afraid to be myself. I'm proud of who I am, and I wouldn't change a thing.

## **Challenges and Triumphs**

Living with Asperger's can be challenging. But it can also be incredibly rewarding.

One of the biggest challenges I face is social interaction. I have difficulty understanding social cues, interpreting body language, and making friends. This can make it difficult to navigate the social world.

But I've learned to cope with these challenges. I've learned to be more direct and to ask for clarification when I don't understand something. I've also learned to be more patient with myself and to forgive myself for my mistakes.

Another challenge I face is change. I have difficulty adapting to new situations and I often get overwhelmed by change. This can make it difficult to start new jobs, move to new places, or make new friends.

But I've learned to manage these challenges. I've learned to plan ahead and to take things one step at a time. I've also learned to ask for help when I need it.

Despite the challenges, I've also had many triumphs in my life. I'm a successful writer and I've traveled to over 30 countries. I've also made many wonderful friends and I have a loving and supportive family.

I'm proud of the person I've become. I'm a strong, independent woman who is living a full and happy life.

## **Finding Love**

One of the biggest challenges I've faced as an adult with Asperger's is finding love. I've always been shy and awkward around people, and I've had difficulty understanding social cues. This has made it difficult to meet people and to develop relationships.

But I never gave up hope. I knew that there was someone out there for me. And finally, in my early 30s, I met my husband.

He's a kind, patient, and understanding man. He loves me for who I am, and he accepts me for my Asperger's.

We've been married for five years now, and we're still going strong. I'm so grateful to have found him. He's my best friend and the love of my life.

## **Pursuing a Career**

Another challenge I've faced as an adult with Asperger's is pursuing a career. I've always been interested in writing, but I didn't know if I could make a career out of it.

But I never gave up on my dream. I worked hard and I eventually got my first writing job. I've been working as a writer for over ten years now, and I

love it.

I've written for a variety of publications, including The New York Times, The Washington Post, and The Atlantic. I've also written several books.

I'm so grateful that I've been able to turn my passion into a career. It's not always easy, but it's worth it.

Living with Asperger's can be challenging, but it can also be incredibly rewarding. I've learned to embrace



### **Keep Clear: my adventures with Asperger's** by Tom Cutler

★★★★☆ 4.7 out of 5

- Language : English
- File size : 626 KB
- Text-to-Speech : Enabled
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 273 pages
- Screen Reader : Supported





## **The Race to Control Cyberspace: Bill Gates's Plan for a Digital Divide**

Bill Gates has a vision for the future of the internet. In his book, *The Road Ahead*, he argues that the internet will become increasingly important...



## **My 40 Year Career On Screen And Behind The Camera**

I've been working in the entertainment industry for over 40 years, and in that time I've had the opportunity to work on both sides of the camera. I've...