

Marriage And Lasting Relationships With Aspergers Syndrome Autism Spectrum Disorder

The Journal of Best Practices - David Finch
2012-01-03

The warm and hilarious bestselling memoir by a man diagnosed with Asperger syndrome who sets out to save his marriage. At some point in nearly every marriage, a wife finds herself asking, What the @#!% is wrong with my husband?! In David Finch's case, this turns out to be an apt question. Five years after he married Kristen, the love of his life, they learn that he has Asperger syndrome. The diagnosis explains David's ever-growing list of quirks and compulsions, but it doesn't make him any easier to live with. Determined to change, David sets out to understand Asperger syndrome and learn to be a better husband with an endearing yet hilarious zeal. His methods for improving his marriage involve excessive note-taking, performance reviews, and most of all, the *Journal of Best Practices*: a collection of hundreds of maxims and hard-won epiphanies, including "Don't change the radio station when she's singing along" and "Apologies do not count when you shout them." Over the course of two years, David transforms himself from the world's most trying husband to the husband who tries the hardest. He becomes the husband he'd always meant to be. Filled with humor and surprising wisdom, *The Journal of Best Practices* is a candid story of ruthless self-improvement, a unique window into living with an autism spectrum condition, and proof that a true heart can conquer all.

Connecting With Your Asperger Partner - Louise Weston 2011-03-15

Communication and intimacy can feel like a constant struggle in relationships where one partner has Asperger Syndrome (AS). For the neuro-typical partner (NT) in particular, this can be an endless source of frustration, misunderstandings, and tears. Drawing on her

own experience of being married to a man with AS, Louise Weston shows that the road to intimacy begins with letting go of expectations and looking after your own physical and emotional needs. She provides tried-and-tested strategies for relating to and connecting with your AS partner, as well as useful tips for coping with hurtful words and meltdowns, helping your partner to interpret emotions, and finding further sources of help and support. Above all, she shows that although your AS/NT relationship will challenge you beyond what you ever thought possible, by letting go of expectations and respecting each others' differences, this unique partnership really can be both happy and successful. Brimming with stories and advice from other NT partners, this practical book will help NTs take positive steps towards connecting with their AS partners. It will also be a useful resource for counsellors and other professionals who wish to deepen their understanding of AS/NT relationships.

Neurodiverse Relationships - Joanna Stevenson 2019-07-18

Comprised of the accounts of twelve heterosexual couples in which the man is on the Autism Spectrum, this book invites both partners to discuss their own perspectives of different key issues, including anxiety, empathy, employment and socialising. Autism expert Tony Attwood contributes a commentary and a question and answer section for each of the twelve accounts. The first book of its kind to provide perspectives from both sides of a relationship on a variety of different topics, *Neurodiverse Relationships* is the perfect companion for couples in neurodiverse relationships who are trying to understand one another better.

Asperger Syndrome and Long-term Relationships - Ashley Stanford 2003

First published in 2002. Routledge is an imprint

of Taylor & Francis, an informa company.

What Men with Asperger Syndrome Want to Know About Women, Dating and Relationships

- Maxine Aston 2012-07-15

Positive, practical and realistic, this book offers a wealth of information on women, dating and relationships for men with Asperger Syndrome (AS). Many AS men are totally confused and bewildered by women and relationships and find it hard to know what to do, what to say and how to get it right. For these men, understanding the emotional side to relationships and women's needs can be a complete mystery and they often get it disastrously wrong. This practical handbook provides the answers to Asperger men's most frequently asked questions about women, dating and relationships, helping them to understand the way relationships work and increasing their confidence and ability to have successful relationships. This comprehensive handbook is essential reading for men with Asperger Syndrome (and their partners). It will also be of immeasurable use to counsellors and other professionals working with such individuals.

Counselling for Asperger Couples - Barrie Thompson 2008-08-15

Counselling for Asperger Couples is the first book to provide a complete model for counselling couples where one partner has Asperger Syndrome (AS). The book provides details of the seven different stages of the model and includes anecdotal evidence from clients who have used it and whose relationships have been greatly helped by it. The author explains the importance of initial separate counselling and describes the co-counselling process, using case studies to demonstrate how the process works. The book offers a wealth of valuable advice on improving communication and cooperation and includes photocopiable activity sheets that couples can fill in and use to help understand each other better. Strategies and visual aids are also offered for dealing with or preventing anticipated future miscommunications. Based on considerable experience, this book will be invaluable for counsellors treating couples where one partner has Asperger Syndrome, or for couples that want to improve their relationship but may not have access to counselling. It will also be useful to

teachers wanting better communication with AS pupils or parents wanting better communication with an AS child.

Loving Someone with Asperger's Syndrome - Cindy Ariel 2012-03-01

If you're in a relationship with someone who has Asperger's syndrome, it's likely that your partner sometimes seems cold and insensitive. Other times, he or she may have emotional outbursts for no apparent reason. And in those moments when you can't understand each other at all, you both feel fed up, frustrated, and confused. The behavior of people with Asperger's can be hard to understand and easy to misinterpret, which is why it's so important to learn more about your partner's condition. The tools presented in *Loving Someone with Asperger's Syndrome* will help you build intimacy and improve the way you and your partner communicate. Filled with assessments and exercises for both you and your partner, this book will help you forge a deeper, more fulfilling relationship. This book will teach you how to:

- Understand the effect of Asperger's syndrome on your partner
- Practice effective communication skills
- Constructively work through frustrations and fights
- Establish relationship ground rules to help you fulfill each others' needs

Life with a Partner Or Spouse with Asperger Syndrome - Kathy Marshack 2009

Delve into the dramatic impact Asperger Syndrome can have on the complex world of adult interpersonal relationships. Psychologist Kathy Marshack shares poignant true stories based on her own life and the lives of her clients, focusing on how partners/spouses of someone with AS can take back their own life and find true meaning and happiness. The author discusses these sensitive issues and shows readers how to take control of their lives and grow away from dysfunctional behavior and dysfunctional relationships. Each chapter closes with a series of "Lessons Learned" that recap the main points of the chapter and offer new ways to look at these very unique challenges.

The Other Half of Asperger Syndrome - Maxine C. Aston 2001

Based on academic research, experiences as a counselor specializing in this area and personal relationship experiences, the author uses

quotations and real-life examples to illustrate her points with a compassionate understanding. Practical everyday topics include living and coping with AS, anger and AS, getting the message across, sex and AS, parenting, staying together, and "AS cannot be blamed for everything."

Asperger Syndrome (Autism Spectrum Disorder) and Long-Term Relationships - Ashley Stanford 2014-10-21

Happily married to her husband with Asperger Syndrome for 25 years, Ashley Stanford is an expert on how Autism Spectrum Disorder (ASD) can affect a relationship and her bestselling book has helped thousands of couples. Brought fully up to date, this second edition clarifies the new DSM-5 diagnostic criteria and explains how, without a solid awareness of the condition, ASD behaviors can easily be misinterpreted. Stanford's book provides a wealth of strategies for living with the more uncompromising aspects of ASD, pointing out that ASD also brings enormous strengths to a relationship. It shows how understanding the intentions, motivations and reasoning behind ASD behaviors can lead to better communication, relief of tension, and ultimately to a happier, more mutually fulfilling relationship.

Aspergers in Love - Maxine Aston 2003-03-14
Asperger syndrome (AS) has often been considered to be incompatible with love and relationships, but as the number of people who are diagnosed with the disorder increases, it is becoming apparent that people with AS can and do have full and intimate relationships. Comparing and contrasting both AS and non-AS partners' viewpoints, this book frankly examines the fundamental aspects of relationships that are often complicated by the disorder. With all findings illustrated with case examples taken from interviews conducted with couples, the author tackles issues such as attraction, trust, communication, sex and intimacy, and parenting. Drawing on her extensive research and established career as a Relate counsellor, Maxine Aston has produced a much-needed analysis of intimate relationships where one adult has AS and this book is a must for all those with AS and their partners, as well as for friends, family and counsellors.

Loving Mr. Spock - Barbara Jacobs 2004-11

As a popular advice columnist in the UK, Barbara Jacobs never suspected she'd be the one needing the relationship advice. But when she fell in love with Danny, a man with Asperger's Syndrome, she quickly learned to expect the unexpected. In this book, Barbara candidly delves into the dynamics of their relationship. She lovingly compares Danny to Mr. Spock, a character who thrives on logic rather than emotion, while admitting that she was quite opposite. Join Barbara and Danny on their tumultuous journey in love, and learn about Asperger's along the way through figures, diagnostic guidelines, quotes and surveys by other couples, and more. If you love someone with Asperger's, or have Asperger's yourself, you can learn a lot from this book. Note: This book addresses some mature topics. Helpful chapters include: The Handsome Stranger Syndrome First Steps in a Parallel Universe Other-wired Bringing Up Baby A Working Model Breakthrough Nuts and Bolts

Marriage and Lasting Relationships with Asperger's Syndrome (Autism Spectrum Disorder) - Eva A. Mendes 2015-07-21

Proven counseling strategies that will help improve the relationships of married, long-term or co-habiting couples with Asperger's Syndrome (Autism Spectrum Disorder). ASD relationship expert Eva A. Mendes provides advice straight from the couples' counselling room that can be applied in day-to-day living and help with the challenges that can arise in relationships where one or both partners are on the autism spectrum. This includes issues surrounding diagnosis, mental health, sexual compatibility, sensory needs, executive functioning, theory of mind, communication, and co-parenting. She offers unique practical ideas for positive change such as creating a relationship schedule, making expression of appreciation and gratitude a part of every day, and finding mutually satisfying activities and special interests to engage in with your partner. The strategies in this book will be useful to couples themselves and any couples' counselors or therapists working with them.

Love, Sex and Long-term Relationships - Sarah Hendrickx 2008

"This accessible book is an invaluable source of information and support for couples in which

one or both partners has Asperger Syndrome, as well as counsellors and health and social care professionals."--BOOK JACKET.

[22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know](#) - Rudy Simone 2012
Rudy Simone covers 22 common areas of confusion for someone dating a female with AS, including advice from her own experience and that of other couples. She talks with humour and honesty about the little things that might be different from a relationship with a neurotypical woman and discusses first dates, sex, and even having children.

Alone Together - Katrin Bentley 2007

Thousands of people live in Asperger marriages without recognizing the signs that their spouse has AS. When Swiss-born Katrin met Gavin while backpacking in Australia, she fell in love with a man that was kind, good looking and different. He followed her to Switzerland where they married eight months later. At first everything seemed fine, but once back in Australia things changed very drastically. *Alone Together* shares the struggle of one couple to rescue their marriage. It explains the clues that suggest a person might have AS and explores the effect of diagnosis. It is uplifting and humorous and includes plenty of tips for making an Asperger marriage succeed. This book offers couples hope, encouragement and strategies for their own relationships.

An Asperger Marriage - Chris Slater-Walker 2002-01-01

When Chris Slater-Walker was diagnosed with Asperger Syndrome it explained why he regarded himself as "socially handicapped", but for Gisela it meant coming to terms with a marriage without any intuitive understanding. This is an account of living with AS, often thought incompatible with marriage.

The Partner's Guide to Asperger Syndrome - Susan J. Moreno 2011-12-15

Adults with Asperger Syndrome (AS) often have difficulties acquiring relationship skills due to the defining characteristics of the syndrome, experiences with peers during childhood and adolescence, and the expectations of their partners. However, an increasing number do go on to achieve happy and successful long-term relationships with non-spectrum (NS) partners. This supportive book will give NS partners a

better understanding of NS/AS relationships, and of what other NS partners have found to be helpful in terms of better understanding themselves and their partners, and enriching their relationships. Drawing on interviews with over 100 people in NS/AS relationships, as well as on their own experiences of having family members on the autism spectrum, the authors explore the key differences which may impact upon AS/NS relationships, such as communication, social skills, and sensory issues, and offer tried-and-tested advice on how to surmount difficulties and make things work. The book includes chapters on coping with stress and meltdowns, parenting, positive AS qualities and how to use them to their full advantage in a relationship, as well as advice on how the NS partner can ensure that their own needs are met. This book will provide support and encouragement to those in a relationship with someone who has been diagnosed with AS, or who is suspected of having AS, and will also be a useful resource for counsellors and other professionals who wish to deepen their understanding of AS/NS relationships.

Asperger Marriage and Relationships - Karen Slee 2016-04-19

This book aims to help the spouses or partners who are married to or in a long term relationship with someone diagnosed with Asperger's Syndrome or more likely, suspected Asperger's Syndrome (AS). This book is an honest account of what my life has been like with my AS husband and how his Asperger's has affected our marriage. We have had many crisis moments over the years but most of these have been through joint ignorance of my husband's condition. With realisation came a long 'getting to know you' process and learning more about the condition and David's idiosyncrasies. Advice that worked for us is clearly signposted. There are about 500 articles on a vast range of subjects plus lots of links to the latest research. David also writes about the topics I have chosen from his autistic experience, providing insight into how our relationship works (or doesn't) from his perspective. I want to share with you the everyday, nitty gritty, tiny details that most people outside of your family would miss, that really affect you as a couple. I have gone into detail about these and explained why these

behaviours happen. Not every man with AS is the same but you will recognise some of these behaviours in your husband or partner. I graduated with a Masters in Autism from Northumbria University and used my 18 years of experience (research) of living with David to write my dissertation about our marriage. I couldn't help but be worried when he read through my dissertation at the end as I was concerned that I may have misunderstood some things or upset him with some of the detail. I believe it was probably quite hard for him to read how much his behaviour over the years had affected me but all he said after he had read it through was that it was 'very insightful'. I knew then I had done a good job.

22 Things a Woman Must Know If She Loves a Man with Asperger's Syndrome - Rudy Simone 2009-05-15

Although having Asperger Syndrome (AS) can make romantic relations difficult, having a fulfilling relationship with an Asperger man is certainly not impossible. A woman in love with a man with AS may interpret his difficulties with communication and socialization as a lack of

interest in the relationship. He may vacillate between being gentle and caring to seeming cold and distant. She may find his behaviour hard to understand, resulting in feelings of loneliness, isolation, and confusion. This book shows how to overcome these difficulties and maintain a loving relationship with an AS partner. From an unwillingness to show affection in public or even sleep in the same bed to problems holding down a job, this book looks at 22 common traits that women may discover when they are dating, living with or married to a man with Asperger's Syndrome. Rudy Simone explores the complications of Asperger's relationships with honesty and understanding, drawing on research and personal experience to inform and advise women with AS partners. She offers helpful tips for improving the relationship and finding fulfillment both individually and as a couple. This book will help women to understand the male Asperger's mind and, equally, it can help men with AS to see things from their partner's perspective. It will also be of interest to counsellors working with couples where the male partner has Asperger's Syndrome.

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