

@NeuroClastic

Does my #BigMood
**Make me look
Autistic?** »



Imagine you're
in a park and
come across a
boy, about age
10. He's sitting
on a curb,
pulling on his
hair, mumbling
to himself, and
rocking back
and forth.

Does he "look
autistic"?



When you look around, you see there's been a car accident. Paramedics are working with a woman who is unconscious. The car was hit on the driver's side. You imagine that the injured woman may be the boy's mom.

Does he still "look autistic"?

@NeuroClastic



"Today, I saw a grown man skipping, screaming, ramming into people, then he ran to his mama, picked her up, and spun her around."

"Oh, wow. Was he autistic?"



"I don't know if he was autistic. He had just scored a game-winning touchdown, though."



Can you see that having context dramatically changes the way you understand behaviors? What you think "looks autistic" seems totally "normal" when you can see the context.

**DOES
AUTISM
REALLY
JUST
“LOOK
LIKE”
BIG
MOOD?**





What "LOOKS AUTISTIC"?

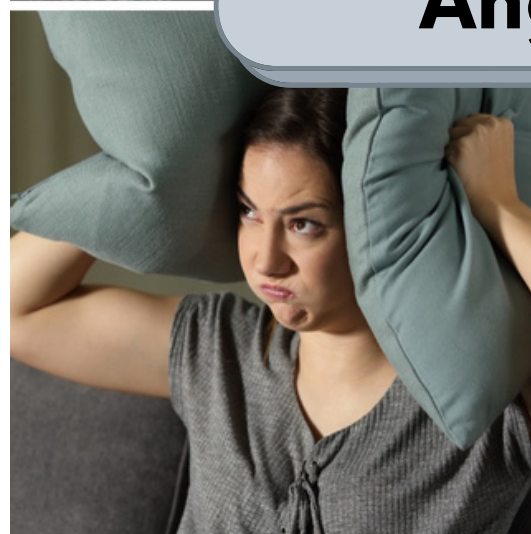
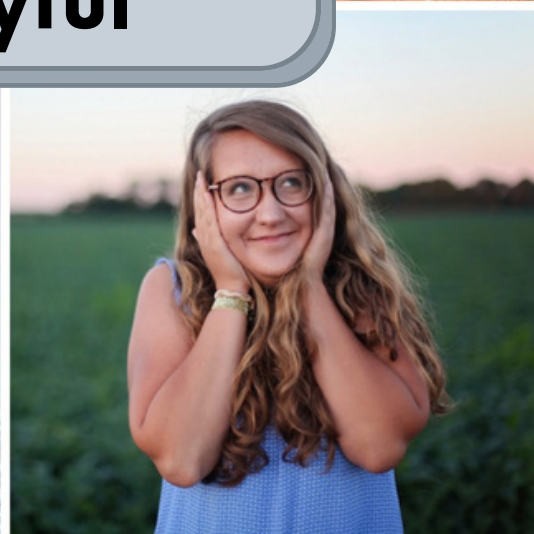
- Rocking
- Flapping
- Jumping
- Covering the eyes/ears
- Skipping/spinning
- Grimacing/"guitar face"
- Toe walking
- Pulling hair
- Hiding face with hands/hair
- Distant/aloof/daydreaming



Joyful



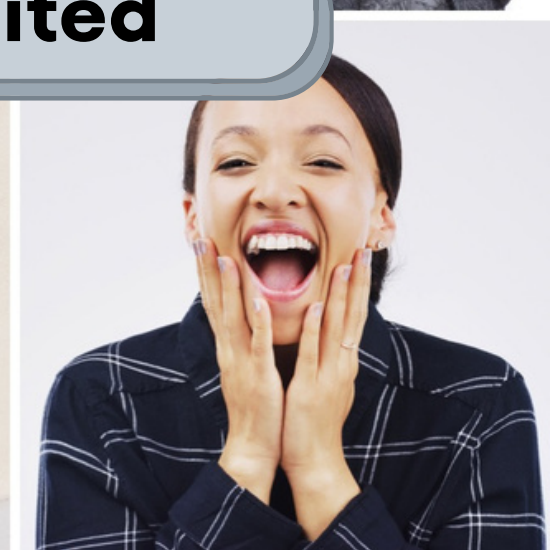
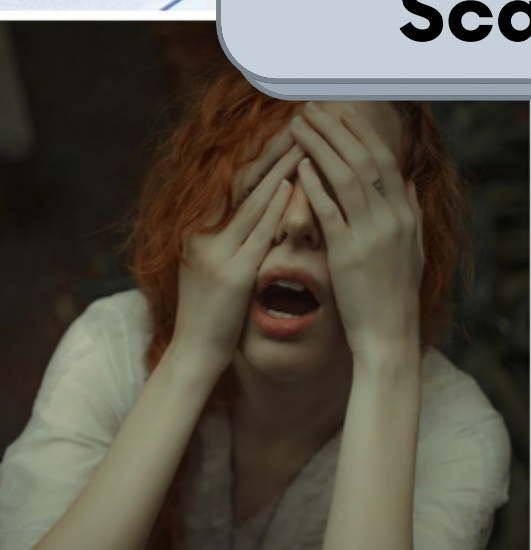
Angry



Scared



Excited



WHAT REALLY “LOOKS AUTISTIC”?

If you can understand “guitar face,” a football player (US) doing a post-touchdown victory dance, a person in love walking on their tiptoes, a lottery winner jumping and flapping their arms, a person rocking in the middle of a traumatic event, or an abuse victim shielding their face, then you can understand autistic behavior. It only “looks autistic” when you can’t see the stimuli that caused the BIG MOOD.





Communication differences being misinterpreted



Trying harder than everyone around you and still being called lazy



Pain and fatigue from chronic illness

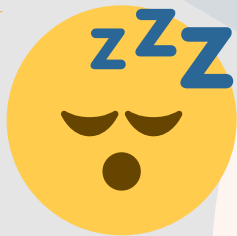


Prolonged sensory pain and overwhelm with no down time to recover

You can't always see why an Autistic person is so dysregulated. Our nervous systems are more sensitive and responsive. We may experience BIG MOOD because we feel things more intensely than others. We can only hold that in for so long.



Unmet needs



Trauma from bullying and abuse

