



Richard Woods @Richard_Autism

Jan 15, 2022 · 10 tweets · [Richard_Autism/status/1482288754425577474](https://twitter.com/Richard_Autism/status/1482288754425577474)

I lately been reflecting upon my communication style (among other things) as part of the habitual reflecting on various topics. This is a good example of why one should be a reflective person, practitioner & researcher.



Richard Woods @Richard_Autism

Replying to @Georgin24661487 @Andylowarousal and 2 others

I just tagged you as I thought you would be interested in it. I should have remembered last night's conversation, for that I unreservedly apologise to you for. I am trying to be more reflective when I interacting with others. This is an example why I should do so.

9:33 AM · Jan 15, 2022

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Richard Woods @Richard_Autism

Replying to @Georgin24661487 @Andylowarousal and 2 others

Low Arousal Approach Georgina. I have a good idea of what some of your triggers are. You were clear, you being triggered loads late last night. I really should not have tagged you.

9:43 AM · Jan 15, 2022

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There are certain strategies that I tend to use to limit how often I communicate with others. These tend to be used when I am not being impulsive or triggered by either trauma/ stress/ strong sense of right or wrong; many caveats.

When my arousal level is regulated, I can just about regulate my communication style, such as adopting a low arousal approach, & being mindful of others.

Problem is that adopting a low arousal approach & regulating my communication style takes spoons & forces me to mask, as it is not my standard way of being. So regulating my communication style consumes spoons & time. I often need to be in optimal arousal to do it.

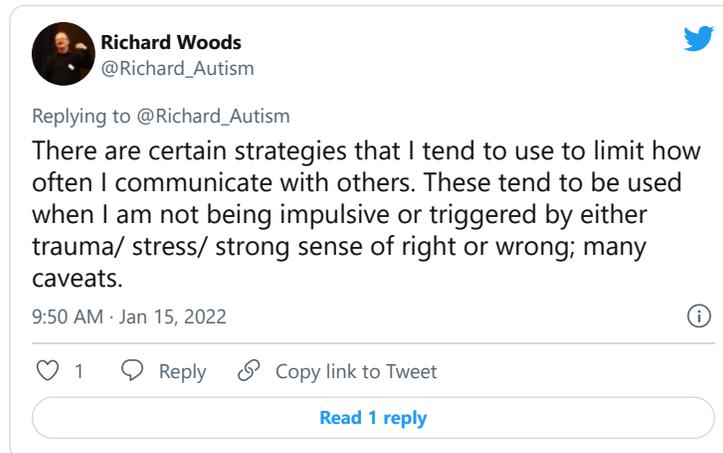
One of the strategies I often use, *where appropriate*, is to only send one message/ email to a person per day. I am trying to more frequently practice this. At the same time, I do not want such a behaviour to become an RRBI.

There are a couple of emails I could respond today, but I think I will leave responding to them until Monday, also reducing how often I might communicate with others.

This is part of being an intrinsically reflective person. To learn from situations, & to develop into a better person. It is literally part of the low arousal approach.

[@AndyLowarousal](#) [@gdmorewood](#) any comments upon this reflective exercise?

I should also add intense emotions to the list of triggers. A week ago, spent over 30 minutes simultaneously crying, jumping & hand flapping due to an email from [@SueReviews](#). Was not her fault, it is just on a topic I have strong emotions on.



[@threadreaderapp](#) please could you unroll?

Thank you in advance.

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