



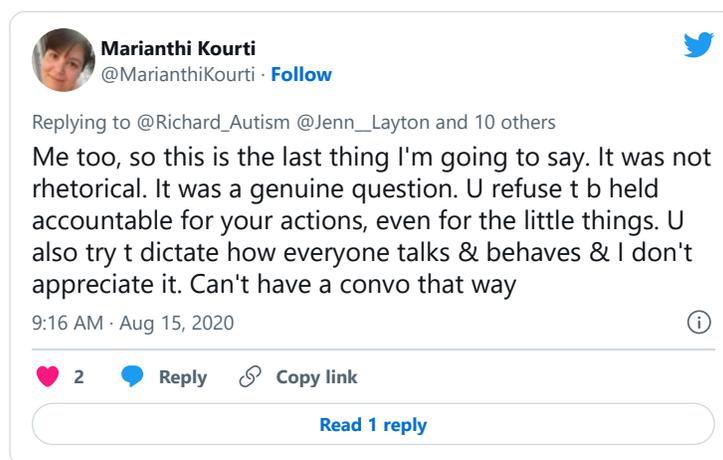
Richard Woods @Richard_Autism

Aug 23 · 27 tweets · [Richard_Autism/status/1561959906818809856](#)

A thread, unsure how long it will be.

I actively try to engage with other's views on me, & their work etc to grow. I actively try to take "accountability" for my actions.

Much of this is a double empathy problem, not empathising I have different values to many other autistics.



It has been a journey over the last year or so, appreciating myself that I have different values to many other autistics. It is something I have been discussing with others, including my mentor, trauma therapists & friends - colleagues.

When I stop to consider that I have different core values with many other autistic persons, it is slightly worrying because it means that double empathy problem situations can & do easily occur between me & other autistics. It is blatantly obvious from what I can tell.

I try not to make massive assumptions about things. I try not to assume other perspectives in situations.

Yes I am autistic, but beyond that there are issues of potentially different values, experiences, & intersectionalities occurring.

Why I would ever assume, that I (or other autistic person), would spontaneously understand another's perspective?

Broader than me being autistic, it is like how people with different backgrounds often struggle to empathise other's lived experience.

An extreme example, is the lack of understanding from the Tories with present state of much of the country.

How I do I get around this issue?

I ask other people their opinions, & I reflect upon their answers. Does not mean I always interpret other's response within their worldviews.

I am not them, I am myself, with my own worldviews & biases. I am going to perceive other's responses within my own biases etc. Autistic or not, that is what humans do.

While some may disbelieve it, I am a highly reflective person. I genuinely strive to be the best person I can be, within my own limitations.

Intrinsically means engaging with others views, seeking & respecting other's opinions, due to fundamentally accepting, I CAN BE WRONG.

Being open minded intrinsically relies upon a person being willing to be mistaken, to own their mistakes, to use everything as a learning opportunity. To move beyond past errors. I obviously, cannot do this entirely by myself, I need others input to help grow & learn.

I think a key aspect of anyone's journey learning to be autistic, is accepting, their own limitations, being kind to themselves, for the things they cannot, or should not do. That is applicable to myself.

A key difference which I have observed between myself & some other autistics. Is that I genuinely try not to let my biases & emotions affect how I interact with others. I try to be inclusive to others, irrespective of past experiences with them.

Apparently, many other autistic persons are not like that, they different values on that topic.

I have certain core principles, which I ardently try to follow. Like following scientific method etc. It is one reason why this. "The Scout Mindset: Why Some People See Things Clearly and Others Don't" resonates so much with me:

<https://www.amazon.co.uk/Scout-Mindset-People-Things-Clearly/dp/034942764X>

I am going to end these with these quotes from my facebook, these are things I strive to be mindful of, &/ or live my life by.

Play up! Play up! and play the game! A line from the poem Vitaī Lampada by Sir Henry John Newbolt.

Hope, it is the quint essential human delusion & it is simultaneously the source of your strength and your greatest weakness. The architect in Matrix Reloaded.

Never say no to a good thing. Raczek to Rico in Starship Troopers.

Understanding is a three edged sword: your side, their side, and the truth, J. Michael Straczynski.

"Fortune favours the bold".

I recognise my failing and will be sure to correct it" from Prospero Burns by Dan Abnett.

"Don't try be a great man, just a man". Commander William Riker to Dr. Zefram Cochrane in Star Trek First Contract.

"Life is about 2 things:

- 1) Trying to make other peoples lives around you as easy as reasonably possible.
- 2) It is not about winning but loosing, every decision you make has negative consequences on other people in the future.

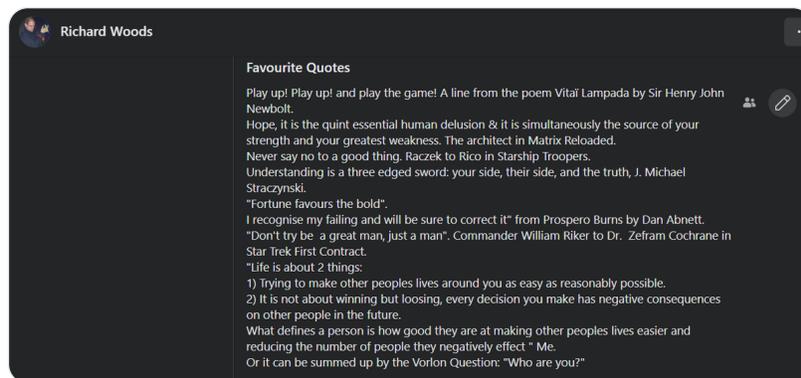
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... What defines a person is how good they are at making other peoples lives easier and reducing the number of people they negatively effect " Me.

Or it can be summed up by the Vorlon Question:

"Who are you?"

Screenshot of the above quotes/ sayings from my facebook.



I think the final 2 point needs to be made, is that like any other person, I have a spikey profile, which extends to how I communicate with others. I think "principal"/ primary diagnosis should probably be ADHD, not autism.

When you combine that with that I hardly mask/ camouflage, mainly because I rarely needed to (I appreciate how lucky I am to be in that position). I appreciate that interacting with me, can be awkward for others to experience. I do not mean to be, it is just how things are.

Who is anyone else, to demand:

- 1) I should mask for them?
- 2) I should change my core beliefs & principals to accommodate them (when from I can I tell, my core values are reasonable)?

One can only try to be the best version of themselves. That is what is I strive to do.

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

Thank you in advance.

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