

My struggle w/ Aspergers/high functioning autism

Posted by NA18 - 02 Dec 2021 20:12

Hello everyone,

I was not sure where to post this topic but here it goes. For starters I have been on GYI for a little bit so this is not really my first post but it is my first post introducing myself and my struggle in a realy way.

I am married with a kid BH!

I have been semi-diagnosed with Aspergers Syndrome which they have now changed to High Functioning Autism.

This has negatively affected my marriage in multiple ways:

- 1) My need for a schedule
- 2) Feeling left out for no apparent reason
- 3) My social anxiety

This has also negatively impacted my way of trying to fix my troubles in the Inyan of GYI.

Is there anyone here that wants to reply or talk more with me about this feel free.

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Re: My struggle w/ Aspergers/high functioning autism

Posted by Ybird - 02 Dec 2021 20:36

Hi reb na18, welcome aboard make yourself comfortable, i'm not familar with your condition but

i'm sure some people here could help you, lots of hatzlucha in everything!

yBird

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Re: My struggle w/ Aspergers/high functioning autism

Posted by Yoina mutzhoo - 02 Dec 2021 21:39

I have seen Somatic experiencing therapy being helpful with aspergers ASD symptoms.

Yoinala

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Re: My struggle w/ Aspergers/high functioning autism

Posted by Samsamuels - 05 Dec 2021 20:25

HI ive been diaginosed with Aspergers since elementary school i have an extreme need for thingsto run as smoothly i have sever anxiety and ocd as well one thing that has been holding me back is my black and white thnking so if im good then i think im good forever and ibut if im bad..... \

justhere to say that u r not alone

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