

24 quotes from autistic individuals

Below are 24 quotes from autistic individuals. Read 2 a month for a year of tips and insights.

1. Autism can't define me. I define autism. - Kerry Magro
2. I might hit developmental and societal milestones in a different order than my peers, but I am able to accomplish these small victories on my own time. - Haley Moss



3. I know we're not supposed to judge people by their appearances. But people tend to make exceptions for autistic people. I know this because whenever you tell me I "don't look autistic", what you're saying is I'm not matching your expectations of what an autistic person is *supposed* to look like - Chris Bonnelo
4. We cry, we scream, we hit out and break things. But still, we *don't* want you to give up on us. Please, keep battling alongside us. - Naoki Higashida



5. Avoiding eye contact is one of the things I find myself automatically doing to minimize the quantity of incoming sensory information. - Judy Endow
6. If there were no rules specified, for example: only cross the road at a crossing, then I invented my own rules. - Wenn Lawson



7. Autistic people are individuals. We are not all maths geniuses, we don't all like trains. I am hopeless with technology and much prefer painting. There is no 'typical Autistic.' But I think we probably all like being respected and validated. - Jeanette Purkis
8. My fear is that if I don't mask, push through & show how capable I am, I won't be offered opportunities in the future or be valued the same. - Emily Swiatek



9. If you got rid of all the autism genetics, you wouldn't have science or art. All you would have is a bunch of social 'yak yaks' - Temple Grandin
10. No matter how hard I try to learn from other people or copy what others are doing, I can't quite get it right. It's like living in a foreign country and not knowing the language. - Rosie King



11. The thing is I don't think in a language, and animals don't think in a language. It's sensory

based thinking, thinking in pictures, thinking in smells, thinking in touches. It's putting these sensory based memories into categories. - Temple Grandin

12. I have an extremely visual mind, like a third eye in my head, and doctors have said I have some of the highest visual learning skills they've ever seen. - Rosie King



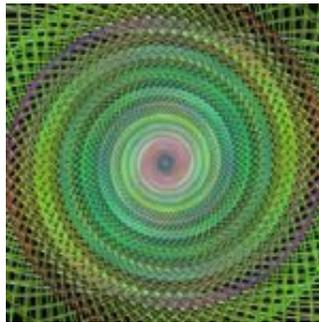
13. One reason I've done as well as I have is early intervention - I was 'got at' very young - Ros Blackburn
14. I cannot speak. For whatever reason God has intended for me to be mute. Many people might believe that I cannot think, but despite their thinking I can. What's more is that I listen. - Neal Katz



15. I am a very visual thinker. I think in pictures not words. You might have noticed that I don't have much inflection in my voice. - Alix Generous
16. Playing the piano makes me very happy. Playing Beethoven is like your feelings - all of them - exploding. - Mikey Allcock



17. Autistic people live in a keenly sensory world. Their self-stimulatory behaviours are all connected with senses. - Jasmine Lee O'Neill
18. Routine is a pivotal part of my daily life and any deviation, however slight, can cause great discomfort to me. - Nathan Cornfield



19. I have a very uneven profile of strengths and weaknesses, where often my strengths mask my very real difficulties - Ros Blackburn
20. I don't really understand why it's considered normal to stare at someone's eyeballs - John Elder Robison



21. My mind doesn't stop; it spins and shifts in different directions creating webs of patterns, linked by varying hues. - Michael Bowring
22. I like teachers that can explain concepts really well so I do not have to reread or ask too

many questions during a lecture. Shorter sentences are easier to understand than long ones. But, if I do need to ask questions, please don't get annoyed or upset if I ask "too many" questions. Getting my questions answered does a lot to lessen my anxiety. - Ethan Hirschberg



- 23. It's hard to filter when there are lots of other sounds going on, eg 'background noise' as well as the conversation I'm meant to be a part of. I feel like I end up processing everything ... it's very stressful, irritating and overwhelming. – Alis Rowe
- 24. (About meltdowns) I feel trapped. I have a weird tension in my head or my arms I want to get out. Everything around me suddenly feels extremely real like I've just come out of the water, I feel all sorts of emotions all at once and I want to run away from them all. I lose sight of what is socially appropriate and start to say things I either don't mean or something I've wanted to say deep down. Whenever that happens I end up hurting someone or confusing everyone. - Chi C

If you need help looking for services for an individual with an autism spectrum condition, we can help. Click below for the Autism Placement Support Service.



