

Action/behavior:	What you are hearing/feeling:	What your Aspie is thinking/feeling:
Avoiding eye contact 30 App-solutely Awesome Apps for Autism	I'm not interested in you or what you have to say. Or, I'm too distracted to pay attention to you.	I am listening, but I am too overwhelmed by making eye contact with you.
Avoiding physical touch such as hugs or kisses Traumatic Stress and Autism Mommas	I don't love you so don't touch me!	I love you, but your touch is too overwhelming for me.
Repetitive sounds, tapping, grunting, etc. Sensory Hacks to Focus a Fidgety Child	Oh, my gosh that is SO annoying, please STOP!	This makes me feel more connected to my body and calms me.
Insisting on sticking to a rigid routine. Teaching your Child to be Flexible	Lighten up! Plans change, things happen. You need to go with the flow.	This makes me feel out of control and overwhelmed. I need to know what to expect. Please give me more notice before you change the plan so I have time to adjust.
Having a meltdown, tantrum, screaming fit. How to Handle Meltdowns, Storms, Rages, or Tantrums	Wow!! Where did THAT come from?? Calm down kid!	This has been building for hours and maybe days. I have just become completely overwhelmed and been pushed right over the edge. Just give me time to work this out.