

# The Asperger Couple's Workbook

Practical Advice and Activities for  
Couples and Counsellors



MAXINE ASTON

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Whilst acknowledging that relationships will vary and each needs to be viewed as a exclusive case, the writer identifies specific conditions that can become problematic within an Asperger relationship, such verbal and nonverbal communication, sexual problems, socializing and parenting, and arises with basic and effective means of addressing these problems. Maxine Aston, writer of Aspergers in Appreciate, has created this workbook to greatly help couples where one of the partners has Asperger Syndrome cope with the difficulties that may arise within their relationship. It will also be of curiosity to lovers counsellors, or other specialists working with people who have AS. Asperger Syndrome (AS) can affect some of the fundamental elements required to make a romantic relationship work, such as for example emotional empathy and communication. This practical book is made for use by couples and families suffering from AS, either on their own or together with a counsellor. With candid advice, activities and example worksheets, the book explores a number of approaches that couples may use to counteract these difficulties.



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!Aston starts the publication by discussing the aspie and NT as if they are different species. My AS partner doesn't have problems deciphering the intonation, however the exercise got us to discuss how text messages and emails between us can and have been misinterpreted due to the lack of intonation. This puts the aspie and the NT on level areas -- neither is better or worse than the other, and then the responsibility in enhancing the relationship falls on both associates of the partnership. Another reviewer had mentioned that the exercises seemed too simple, and I admit that lots of seemed this way to us too, but I think dismissing them as too simple misses the idea. The exercises, if they're too fundamental for you, may be used as a springboard to talking about other issues linked to the workout. The surprise celebration list was another exercise that didn't really work for us the way it was written. For example "That really was clever" -- based on the way the NT reads it could be positive (compliment) or harmful (sarcastic). Different species with different needs, different ways of processing details, and various perspectives. We discussed techniques we can make text communications between us less likely to result in misunderstandings. For example, the intonation exercise gets the NT partner read sentences, and based on what terms in the sentence are emphasized, the AS partner is to make a checkmark whether it was a poor or positive statement. Of all the books I've encountered on Asperger's, this one made me feel the most just like the author already knew me and what it's like to maintain my head. My partner enjoyed this exercise and provides asked me on several occasions to create him a list, and I just by no means got around to it. Eventually, I think he started mentally producing his own list based on actions/restaurants/etc that I point out in passing I'd like to accomplish. It identified some key scenarios and will be offering pragmatic solutions that function. The chapter on preventing Cassandra syndrome was helpful too. The problem I see with most of the relationship suggestions directed at an Asperger's couple is they tell the NT to "be concrete" when talking with their AS. I have no idea how other NT's are, but when I was telling my husband I would like him to end up being nice and sweet to me, I thought I had been concrete. It is one of two books I would recommend for my Aspie-NT couples to read while in therapy. This book is a must read for anyone dating or married to someone on the spectrum. He gets concrete types of things he is able to do, and I find an example of what people mean when they say I have to be more concrete. This works! My hubby (HFASD) could relate with the CADD description and we had a somewhat profound moment of knowing that broke through his problems with theory of brain and finally offered him some perspective. We know there are some reviewers who found this publication simplistic, but I came across it existence changing. That by itself made the publication worthwhile, but there is so much more. I have told every ASD/NT few I know about this book. Thank you so much for writing this one! In this workout, the NT would be to make a list of things to do, and the AS can pick from the list to set up for celebrations and activities the few can do. I am reading it with my NT wife and it's really helped get rid of some misunderstandings between us. but good info. Amazing book! Practical, respectful advice I thought this was a great, practical reserve, and it's one of the best books I've found on interactions with an aspie. Gives great tips and exercises for enhancing your romantic relationship in Aspie/Non-Aspie couples. These activities aren't only educational but also very helpful when it comes to all forms of communication. Evidently I wasn't, and the set of activities in the book for how the AS partner can prevent Cassandra syndrome was ideal for both of us.. Not just a workbook. I recommend it. It was a valuable exercise that we adapted to your relationship. Four Stars Great reference for companions - not so much for an older undiagnosed person NT/AS couples need to read Great browse on the subject of Asperger's Still together! :) Good publication with great

advice. Five Stars wish we had experts in US like this! but good info. Good tool I used this in therapy and the couple found it very useful. It is one of two books I recommend for my Aspie-NT lovers to read while in therapy.. Amazing book! Five Stars Useful tools and information in working with Asperger Couples. Five Stars Lots of great info that spoke both our experiences.



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