A meaningful relationship is characterised as being of personal significance to the individuals involved.

It is healthy and caring.

It is with a person who supports and encourages and is there for us when we need them.
QUALITIES OF MEANINGFUL RELATIONSHIPS

- COMMUNICATION
  - RESPECT
  - HONESTY
- DEPENDABILITY
  - EMPATHY
  - PURPOSE
COMMUNICATION

Challenges

It’s all about the social

Look into my eyes
RESPECT

HOW DOES THAT LOOK THROUGH AN AUTISTIC LENS
HONESTY & DEPENDABILITY

HOW HONEST IS TOO HONEST?

THESE CAN BE QUALITIES OF AUTISTIC PEOPLE
THE TRUTH ABOUT THE “E” WORD

LET’S TALK ABOUT AUTISM AND EMPATHY... IT MIGHT NOT BE WHAT YOU THINK
PURPOSE

ALL RELATIONSHIPS MUST HAVE A PURPOSE
WHAT DO WE GET OUT OF THEM
SOCIAL EXHAUSTION
SHARED INTERESTS
PARENTING
ALL RELATIONSHIPS WILL BE DIFFICULT AT SOME POINT
WHEN YOU ARE AUTISTIC THERE CAN BE EXTRA DIFFICULTIES
USE A TRUSTED SOUNDBOARD
YOUR RELATIONSHIP WITH YOURSELF IS THE ONE TO WORK ON FIRST
THANK YOU FOR LISTENING

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