

The Asperger Syndrome

Why am I different from the others people of my age?



What is Asperger Syndrome (AS)?

Asperger Syndrome IS NOT a disease, but a *developmental condition*.

What does “developmental condition” mean? It means a way of being (=condition) that characterize all the lifespan of a person (=developmental), from his/her birth to his/her death. This way of being is different from the most common way of being that is called “neurotypical (NT)” or “typical” or “normal”.

How is it different?

People with Asperger Syndrome share three main characteristics:

1

ARE INTELLIGENT

They are intelligent as the neurotypical or even more!

2

DIFFICULTY IN COMMUNICATION

They find more difficult to understand some aspects of human communications, like jokes and sayings.

3

DIFFICULTY IN SOCIALIZATION

They find more difficult to make friends and/or to participate in social events, like parties, group games, social cheat-chats, etc.

4

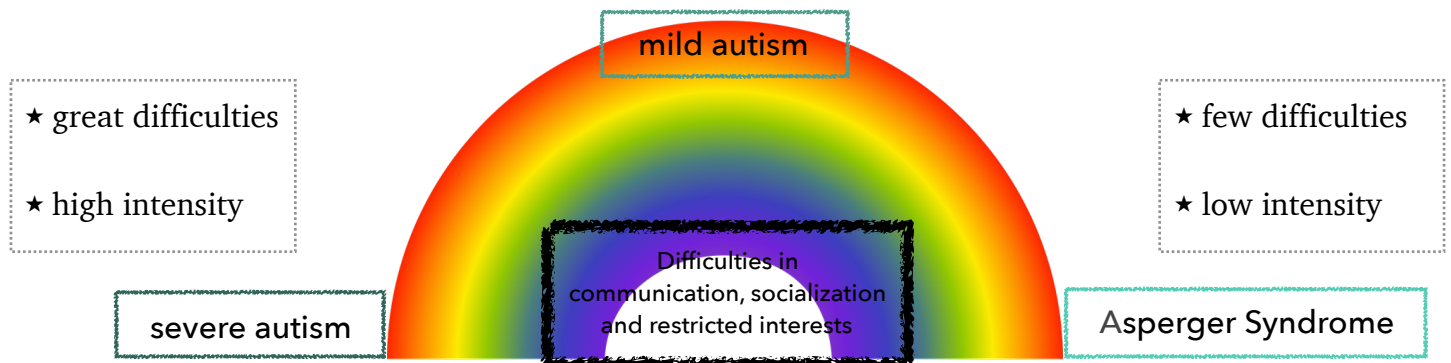
HAVE RESTRICTED INTERESTS

That often become extraordinary abilities and talents!

Why some people call me “autistic”?

Asperger Syndrome is part of a group of varied behaviors called *Autistic Spectrum*.

What does “autistic spectrum” mean? It is a group of conditions that share a common base of difficulties, but are expressed in a very different way and intensity. We can use the image of the spectrum of light to better understand this idea:



So, even if it's true that Asperger Syndrome is part of the Autistic Spectrum, it differs a lot from what we call “autism” or “classical autism”. The difficulties experienced by people with AS are lighter than the difficulties experienced by people with autism, and they can live and interact in our social world easier.

Was I born with AS or something happened to me after my birth?

Asperger Syndrome is a condition you were born with.

You can't develop autism or Asperger Syndrome after a specific event, like an incident or a physic injury or a vaccination. Who says the contrary, is lying or not well informed.

Which are the causes of AS?

Asperger Syndrome is a condition caused by different factors, such as genetics and the environment.

The exact causes of autism or Asperger Syndrome are still unknown. What we know is that these complex conditions can't be caused by a single factor. So, to explain them, we must consider more than one cause. We know there are some genetic factors that can cause autism and AS (in particular, genetic and chromosomal mutations) and some environmental factors (for example, lifestyle, exposition to toxic substances, age of parents, etc.). The two different factors, genetics and environmental, interact together and cause the differences in behaviors that characterize the autistic spectrum conditions.

Being Asperger and not Neurotypical doesn't mean being inferior or less gifted. It's just a different way to perceive and live the world!

What is extremely important to understand is that being born with some characteristics that define you as “Asperger” doesn't make you inferior or less gifted than your peers, born with characteristics that define them as “typical”. You simply have different ways to perceive the world and to behave in all the social aspects that make our human life so complex but also exciting!

Always remember that you can have some difficulties to cope with every day, but you have also many talents and qualities! At the same time, even if neurotypical boys/girls can easily do things that for you are challenging, they also have to struggle with actions that for you are very simple. For example, your neurotypical friend can easily throw a party and interact with many other people playing games and chatting at the same time, but he/she may have issues remembering all the elements of the periodic table for the chemistry exam. On the contrary, you may have a great memory that will help you a lot at school, but find difficult being the coolest guy of a party. Everyone has some strengths and some weaknesses. Otherwise, we were robots, not humans! The good thing is that, with patience and trainings, we can all improve in what comes less natural and spontaneous for us.

Last but not least, don't forget that before being Asperger you are a wonderful boy/girl! So don't focus too much on your Aspie-side, or you will forget to see all the aspects that make your personality so unique and you so special!

If you have any questions about what you have read or you are just curious to know more about Asperger Syndrome, don't be afraid to contact us!

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