**Sociale mål**

Det markeret i gul, føler jeg passer godt til mig.

**ChatGPT:**

Jeg er blevet diagnosticeret med autisme og føler ikke et behov for at have venner. Hvilke årsager kan være grunden til det?

ChatGPT

Der kan være flere forskellige årsager til, at en person med autisme ikke føler et behov for at have venner. Det er vigtigt at huske, at autisme er en meget varierende tilstand, og det, der gælder for én person, gælder ikke nødvendigvis for en anden. Her er nogle potentielle årsager til, at en person med autisme ikke føler behovet for venskaber:

1. Social udfordring: Mennesker med autisme kan have sværere ved at forstå sociale signaler, tolke ansigtsudtryk og indgå i typiske sociale interaktioner. Dette kan gøre det vanskeligere for dem at opbygge og vedligeholde venskaber.
2. Sensoriske følsomheder: Nogle mennesker med autisme har sensoriske følsomheder, der gør det ubehageligt eller overvældende at deltage i sociale aktiviteter. Dette kan føre til en tilbagetrukket adfærd.
3. Interesser og hobbyer: Mange mennesker med autisme har særlige interesser og hobbyer, som de er meget dedikerede til. De kan finde større tilfredsstillelse i at fordybe sig i disse interesser end i at opbygge sociale forhold.
4. Social frygt eller angst: Nogle mennesker med autisme oplever social angst eller frygt i sociale situationer, hvilket kan gøre det svært for dem at opsøge eller fastholde venskaber.
5. Selvvalgt isolation: Nogle personer med autisme foretrækker simpelthen at være alene og kan trives i dette miljø uden at føle sig ensomme eller isolerede.
6. Tidligere negative erfaringer: Negative oplevelser med venskaber i fortiden kan føre til, at en person med autisme vælger at undgå sociale relationer for at undgå smerte eller skuffelse.

Det er vigtigt at respektere en persons ønske om at have få eller ingen venner, hvis det er deres egen beslutning og trivsel. Det betyder ikke nødvendigvis, at de er ulykkelige eller utilpassede. Imidlertid er det også vigtigt at tilbyde støtte og muligheder for sociale interaktioner, hvis personen senere beslutter, at de ønsker at udforske venskaber eller sociale forhold. Det er en personlig beslutning, og det er vigtigt at respektere deres valg og autonomi.

**Online:**

I don’t build relationships through words. I do so through shared experiences.

Throughout my life I’ve watched people build and maintain friendships by talking to one another about stuff. They talk about their lives, sports, their pets, whatever. It’s called small talk. Small talk is used to find common ground, pass the time and keep up to date with what’s going on other people’s lives.

I can’t do small talk. I ran out of things to talk about really quickly, lose interest and wander away to do something productive, lost in my own head. That kind of behavior isn’t seen as normal by most and it says “I don’t want to talk to you, learn about you or be your friend” to them. So I don’t make friends, nor do I maintain them for long if all we have between us is talk.

I thrive on shared experiences though. If we cook together, ride bikes together, or some do other activity, you’ll learn that I can be a loyal, thoughtful, unselfish friend that will look out for you and help you at every turn. You’ll never learn those things by talking with me, and most people don’t get involved in activities with me, so they never discover who I really am.[[1]](#footnote-1)

**1. They may not know what to say or how to say it.**

Conversation can be a difficult minefield for autistic young people. Initiating conversation (finding things to say) can be challenging. Even though they may like to speak about a particular interest, they may be too worried to do so or may be unsure of whether the other person is engaged in the conversation. When people feel especially anxious, they may get tongue-tied or forget what they want to say altogether. This is very true for some people on the spectrum.[[2]](#footnote-2)

Once I step into a doctor’s– or any professional’s– office, I enter into what I call “super polite mode,” where I follow a specific routine I made from my observations of neurotypicals to be “polite” in a professional setting. Make lots of eye contact, keep hands in lap, nod to show interest in what they are saying, and only speak when appropriate. It’s like a reel playing in my head, a formation of various behaviors I’ve learned and categorized for different situations.[[3]](#footnote-3)

I have high-functioning autism and I feel like I have zero interest in socializing/forming relationships with other people. I have zero friends at the moment, not even close friends, and I'm not sad about it at all. In fact, I prefer to be alone all the time.  
I also have no interest in learning social skills either, even though I've always felt like there is a lot of pressure/stigma against people like me who don't want to learn these things. I get a lot of social anxiety, and am always shy around people. It is also boring.  
  
However, there are many times when I feel pressured to socialize in certain situations, even if they are with family members, in order to "fit in" and not seem "rude" by ignoring other people. In these times when I'm socializing (pretending to), I often have to "mask" my disinterest in people by smiling often and trying to acknowledge them, like any normal person would. All it does however is drain me emotionally and I feel extremely mentally tired/miserable after this. I consider myself to be very solitary (I can spend days being alone without interacting at all). However, when people notice me like this (like family members), they simply think that I'm a loner and that I should spend more time with people.  
  
I also don't have any interest at all in social activities. For instance, I don't like partying. I don't like watching movies with people, particularly with people I know. In fact, just the thought of watching a movie with a "close friend" gives me a strong sense of anxiety, since I fear/dislike any form of intimacy.[[4]](#footnote-4)

1. https://www.quora.com/Why-do-people-with-autism-not-want-relationships-or-friendships [↑](#footnote-ref-1)
2. https://www.ambitiousaboutautism.org.uk/about-us/media-centre/blog/10-reasons-people-autism-struggle-friendships [↑](#footnote-ref-2)
3. https://neuroclastic.com/autistic-masking-is-why-i-have-no-friends/ [↑](#footnote-ref-3)
4. https://wrongplanet.net/forums/viewtopic.php?t=402663 [↑](#footnote-ref-4)