



from:@uberpreeya autistic



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**futon penguin** 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Sep 4 ...

Yes! Indian culture does the same thing!! And even more than all of this, the range of common expressions & reactions admits a wider range of personalities IMO. Like, nonwhite cultures are better at not being confused by **autistic** people.

**Ky** 🗨️ @plscallmeky · Sep 3

There's conversation about how black autists are forced to mask more because of black culture but I want to see more people talking about the way black culture also supports a lot of autistic culture which, in turn, *still* makes it easy for us to go undiagnosed for years.

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**futon penguin** 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Oct 6 ...

And **autistic** / ADHD burnout! Which isn't different than being in an unhealthy situation, but helps people understand why situations healthy for others are not healthy for them.

**digital doll and delirium** @DataErase · Oct 5

I think it was massive disservice to frame depression and suicidal ideation as magic brain chemical problems in public conscious and not what they are often which is being in a situation that is unhealthy for you and being unable to change it/other people denying its a problem

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**futon penguin** 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 2 ...

Replying to @LouisatheLast

Yeah, that account tweets a lot of unhelpful exaggerations. And in general, **autistic** Twitter seems to forget that "**autistic** exactly like me" and "completely neurotypical like the ABA fantasy ideal" are not the only two kinds of people.





futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 3 ...

Just going to say this without jumping into anyone's mentions because, as an **autistic** person in **autistic** Twitter, I've been seeing these takes all day.

I'm one of the people this is subtweeting, and I AM **AUTISTIC**.



Callum Stephen (He/Him) @Autis... · 3h ...

When an autistic person tells you their perspective, and it differs to yours, the best things you can do are: a) listen; and b) be receptive to them. Please don't dismiss them or attempt to diminish or invalidate their perspective.



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962



ALT



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futon penguin 🐧 (Masto: @preeya@bigleaf.c... @uberpre... · Jun 1 ...

I spent a couple of years sobbing my eyes out weekly in a toxic workplace. It was probably loud and definitely not helpful. I've thought a lot about how it (+ my **autistic** bluntness) would be used against me if I tried to detail the whole thing publicly.



A. H. @a_h_reaume · Jun 1

Have you done things in reaction to abuse that you aren't proud of? I once screamed for an hour at a partner who was financially abusing me. I hated myself for it. It was ugly. But I went years barely pushing back.

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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 2 ...

I was told this is a bad look, and while it's somewhat mean-spirited

phrasing, I stand by the underlying sentiment: (white) **autistic** Twitter constantly talks about NTs and autists as though both are homogenous categories that the world cleanly divides into.



futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 2

Replying to @LouisatheLast

Yeah, that account tweets a lot of unhelpful exaggerations. And in general, autistic Twitter seems to forget that "autistic exactly like me" and "completely neurotypical like the ABA fantasy ideal" are not the only two kinds of people.



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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 3 ...

I'm just really frustrated that the takeaway seems to be "Ugh the allistics super hate us, and we're defining allistics to be anyone who disagrees with this," rather than "Huh, I thought this was a universal **autistic** experience but maybe I was wrong."



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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Apr 30 ...

Like, so many in **autistic** & ADHD Twitter has a story similar to mine: "Always just inexplicably too much (but 'high-functioning'), burned out and diagnosed depression & anxiety even though those didn't feel right on any level."



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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 14 ...

What such people don't want to confront is that "experts" aren't all good at diagnosing. Like, the number of times I've told a psychiatrist I'm seeking a diagnosis and they go "No, you make eye contact, I wonder what's happening to make you think that?" Maybe that I'm **autistic**!



 Flora - Online 1 Room Schoolhouse · Aug 17

When you say people can't "self-diagnose" with Autism, you're saying Autism is just for rich people.

I totally understand the sentiment if you're new to the concept! But self-diagnosis isn't a whim. It's a long, serious process. And "official" diagnoses can cost thousands.

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futon penguin  (Masto: @preeya@bigleaf.ci... @uberpre... · Jul 7 ...

Autistic brain: Doing the thing is impossibly complicated until you figure out the structure it fits into

ADHD brain: Figuring out the structure is impossibly complicated until you do the thing many times over

Me:

Me: Fuck it, Twitter time



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futon penguin  (Masto: @preeya@bigleaf.... @uberpre... · Apr 30 ...

Soon I realized ADHD and **autistic** coping skills from Twitter and ADDitude were helping. I called it and self-diagnosed, and was thus, according to my parents, retroactively social-contagioned into the exec dysfunction and burnout I'd been experiencing my entire life.



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futon penguin  (Masto: @preeya@bigleaf.... @uberpre... · Sep 5 ...

I had this. It turned out to be **autistic** burnout



Sam Dylan Finch @samdylanfinch · Sep 5

For me, it felt like life had no purpose to it. I felt worthless. Everything that used to matter to me became pointless. After a while, I was just

going through the motions.

I didn't feel "sad" I felt... empty.
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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Sep 25 ...

Just say **autistic** and go 😂



Conor Browne @brownecfm · Sep 25

4. Non-conformists. Often a personal history of non-conformity going right back to adolescence. Yet...

5. Paradoxically, strong moral code; belief in ethical duty to the greater good of society.

6. Well-informed.

7. Rational; aware of their own cognitive biases.

8. Methodical

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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Sep 4 ...

This is one of the reasons it took me longer to realize I'm ADHD vs **autistic**. I couldn't relate to a lot of the stereotypical ADHD behaviors because they all require energy that I don't have.



Zahra Khan (she/her) 🏳️‍🌈🧠 @hellozeik · Sep 3

ADHD & energy limiting illnesses should not be allowed to mix



futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 16 ...

Just want to add that while core Twitter **autistic** discourse always focuses on **autistic** lack of expression, lots of autists have too much expression and then aren't believed on that basis.



AutisticSciencePerson, MSc @AutSciPerson · Apr 7, 2021

This is what an autistic person's pain scale looks like, sometimes I look even -more- neutral when I'm in SEVERE pain because I can't mask or mimic NT pain expressions, or even remember to say "ow."

Believe autistic people's pain.
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Autistic Person’s Pain Scale



@AutSciPerson

ALT





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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Jul 20 ...

It's one thing to have known how badly misdiagnosed my post college **autistic** burnout was, even at the time, and another to see the real diagnosis so clearly laid out as canonical knowledge



Cedric Chin @ejames_c · Jul 19

4/ Let's start from the top.

Burnout consists of 3 dimensions:

- 1. Exhaustion
- 2. Cynicism
- 3. Ineffectiveness.

These 3 dimensions make up the Maslach Burnout Inventory — the most widely-used test for burnout. ncbi.nlm.nih.gov/pmc/articles/P...

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Burnout is a psychological syndrome emerging as a prolonged response to chronic interpersonal stressors on the job. The three key dimensions of this response are an overwhelming exhaustion, feelings of cynicism and detachment from the job, and a sense of ineffectiveness and lack of accomplishment. The significance of this three-dimensional model is that it clearly places the individual stress experience within a social context and involves the person's conception of both self and others.

What emerged from this descriptive work were the three dimensions of the burnout experience. The exhaustion dimension was also described as wearing out, loss of energy, depletion, debilitation, and fatigue. The cynicism dimension was originally called depersonalization (given the nature of human services occupations), but was also described as negative or inappropriate attitudes towards clients, irritability, loss of idealism, and withdrawal. The inefficacy dimension was originally called reduced personal accomplishment, and was also described as reduced productivity or capability, low morale, and an inability to cope.





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futon penguin 🐧 (Masto: @preeya@bigleaf.c... @uberpre... · Jun 4 ...
I think there's a potential **autistic** spinoff lurking in this joke -- something about **autistic** brains not being great at correctly categorizing social cues being similar to overriding Excel's defaults to always cast to text



DJ Cthulhu (Not Parody) 🐙🎧 @RealDJCthulhu · Jun 4

As a lesbian, I'm used to being unable to tell what is and isn't a date. Consequently, this pride I'm partnering with Microsoft Excel





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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Sep 21 ...
Replying to @leftyscumbags and @ipod_video
YES, I am convinced that the true meaning of Seinfeld is that every single character is **autistic**.

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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Apr 30 ...
This is also a mental health Twitter thing. I'd always sort of suspected I was **autistic** and ADHD, but could never exactly connect them to myself until I came here and saw posts from people who describe their experience in ways that clicked with me.

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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Oct 22 ...

Autistic bitches in Norcal be like "Sorry if I was being weird earlier, it was 76 degrees instead of 73"



Patron Saint Of Tits @aGlitterTree · Oct 21

autistic bitches be like "sorry if i was being weird earlier, my sock was inside out and i couldn't think"

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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 8 ...

I had one specific rat that I'm still convinced was **autistic**. RIP Caladrius



Leah Tigers @9BillionTigers · Aug 7

you guys ever hang out with a cat and be like oh yeah she's definitely autistic



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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Sep 23 ...

And if this is you, you may also want to investigate this thing called **autistic** burnout



Kemi Marie @kemimarie · Sep 22

one thing my therapist reminded me is that depression doesn't always come in the form of sadness. it can also present itself as apathy & numbness. having no interest, not caring, no desire to really do much, not taking care of oneself, focusing on everything besides your care

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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · May 8 ...

I think this is also the feeling that the term "autigender" was invented for, except that doesn't feel right either. I feel like "**autistic** woman" should

round to "woman" just like trans woman should round to woman. I suppose I'd be willing to phrase it as "woman (autistic)".

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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · May 8 ...

It's also mixed in with being **autistic** & comorbid alexithymia and executive dysfunction. I've had to consciously think through this a lot more than I realized I would have to, which is probably the same as more so than most people.



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 10 ...

Me at 22: ***autistic** burnout*

Psych: You must be depressed! Here is some medicine that will make you jittery and unable to sleep. Now tell me all your secret sadness

Me: I'm not sad, just really tired. Especially now?

Psych: Wow, your depression is even worse than I thought!



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Oct 29 ...

I know I'm **autistic** because I read this and went "...I wonder how many times this has happened to me unknowingly"

Though also interesting to compare and contrast with the coffee discourse



Oliver Darkshire 🌈 @deathbybadger · Oct 28

ME: (explaining to my autistic husband that the social ritual requires him to invite me to an event I don't want to go to, so that I can respect his desire to go alone by saying no to it)

ME: you know what now that I say it out loud this is not the most efficient use of our time

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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Oct 19 ...

I'm a dolphin squid whale seagull **autistic**...which I think basically rounds up to seagull?



Elora - Online 1 Room Schoolhouse @1Schoolhouse · Oct 19

Seagull Autistics don't care where they fit in socially. They do what they want, when they want. The concept of "weird" has no power over them. They are untamable. They are free.

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GIF



futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Sep 28 ...

This + 3 years = "Depression is misunderstood as its own thing when it's really **autistic** / ADHD burnout"



Dr. Nicole LePera @Theholisticpsyc · Sep 27

Depression is misunderstood as sadness. Most people who are chronically depressed aren't sad at all.

They feel nothing.

Their bodies are in a freeze protective state. This is why we need to understand depression as a response, rather than a disease.



futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Sep 23 ...
OK [#ActuallyAutistic](#) Twitter. I know we talk a lot about the stresses of **autistic** masking. But I have to say, a huge part of my **autistic** experience is just straight up refusing to mask because quite frankly, I can't. Anyone else had that experience?



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 3 ...
Ever heard the saying "When you've met one **autistic** person, you've met one **autistic** person"? I learned it from **autistic** Twitter!



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 3 ...
Like, I, as an **autistic** person, have definitely invited people to get coffee and then forgotten to follow up, most likely from having social burnout from whatever event I met the person at. Given how underdiagnosed autism is, how do you know that's only 1% of coffee invites?



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 3 ...
There's a subgroup of the **autistic** community who saw this tweet as helpful. There's another subgroup that had serious reservations about it. There's a whole lot of counterexamples from both inside and outside the community that absolutely disproves the 99% number.



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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 3 ...

Just because that counterexample came from an allistic ND person doesn't mean they're talking over anyone. Being **autistic** doesn't take away our power to hurt others by saying something unthinkingly. We should accept reasonable criticism no matter the source.



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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 3 ...

Here is the core of my disagreement. Again, everyone who is **autistic** is not exactly like you. This isn't a "omg lol" criticism, it's a member of the community saying "Hey, you should rethink."



futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 2

Replying to @mykola

No, I don't understand it as a figure of speech in this particular context. (I'm an autist who takes things literally!) This would have been incredibly unhelpful and counterproductive advice for me at 20 that would have caused me to project malicious intent where it didn't exist.



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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Sep 23 ...

I guess my question is. I can't possibly be the only **autistic** person who early on went "Fuck it, this isn't worth it" and aggressively refused to mask, can I? Like, it just seems to me that there must be so much more diversity of experience than official **autistic** Twitter admits.



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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Sep 21 ...

Replying to @leftyscumbags and @ipod_video

I went through my psst tweets because I know I've talked about this before and here is my thread on how it was a helpful learning tool for me as an

autistic kid

**futon penguin** 🐧 (Masto: @preeya@bi... @uber... · Nov 24, 2021

Had kind of a weird realization: I think Seinfeld taught me how to mask. Not by imitating the characters, but because every single Seinfeld episode is a 22 minute video essay about the many variations and consequences of some "meaningless" social behavior.

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**futon penguin** 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 3 ...

This is literally exactly what I was talking about. You're explicitly conflating your personal experiences and what you wish you'd been told, with what is useful for all autistics to hear, and saying everyone who disagrees must not be **autistic**.

**futon penguin** 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 2

Replying to @LouisatheLast

Yeah, that account tweets a lot of unhelpful exaggerations. And in general, autistic Twitter seems to forget that "autistic exactly like me" and "completely neurotypical like the ABA fantasy ideal" are not the only two kinds of people.



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**futon penguin** 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 8 ...

Replying to @recursive

The reading emotion part I get and 1000% agree with (and would add that I've run into similar pressures as an **autistic** person who's often better at reading emotion than many "NTs"). Would you mind clarifying more re: understanding touch?

**futon penguin** 🐧 (Masto: @preeya@bigleaf... @uberpre... · May 8 ...

Replying to @uberpreeya and @CompostWitch

And what keeps me from identifying with this even though I see why not identifying with it makes zero sense to anyone else, is that my actual

motivation feels like very conventional **autistic** perfectionist seeking of truth, and this is just what you have to do to get there.



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Jun 27 ...

Replying to @pthelo

AuDHD means being **autistic** while also having ADHD. The combination is intense (even as they aren't necessarily separate underlying conditions)



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futon penguin 🐧 (Masto: @preeya@bigleaf.ci... @uberpre... · Jul 9 ...

Replying to @CompostWitch

I assume you mean "This is also an **autistic** thing??" and I think the answer is yes!



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Jun 14 ...

Which isn't at ALL a complaint, to be clear. So many **autistic** and other disabled people can't be in these jobs the way I couldn't handle doing a service job or any kind of physical work. I'm obviously incredibly lucky that my skills, personality, and history let me have this.



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Jul 24 ...

This is one of those times where it's weird to be a non-white (and sensory seeking) **autistic** on here, because I definitely have strong samefoods and textural sensitivities, but they're the ones that white autistics identify as inherently scary and "forced" on them



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Sep 23 ...

But anyway I was thinking about how so much **autistic** discourse on here is downstream of needing to mask being visibly **autistic**. But for me, the whole reason I know I'm **autistic** is that I literally cannot do it, even for short periods of time.



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Oct 16 ...

Though I imagine if I told everyone I'm **autistic** they would go "...Yeah, I figured."

I'm definitely out in personal life though! And knowing I'm **autistic** is why I'm able to ask for what I need in specific terms instead of trying to incorrectly generalize.



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Sep 2 ...

I'm also salty because every time I see a post like this, I'm reminded that I'm the **autistic** woman who never internalized the "don't push back on men" rule, which I'm happy for, but it also makes my life much worse!



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Sep 23 ...

And of course, the eternal caveat that COVID masking is extremely important and very different from **autistic** masking!



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Oct 13 ...



Replying to @grumpyshrubbery
Autistic people are going to be a good time

Not sure why we're not already a good time, but otherwise seems true



futon penguin 🐧 (Masto: @preeya@bigleaf.ci... @uberpre... · Jul 1 ...

Replying to @uberpreeya and @cold_lo
Like, I've struggled a lot with **autistic** burnout that was misdiagnosed as depression, and I was always pushing back because I was never actually sad, even when I couldn't get out of bed. Because my brain just isn't naturally predisposed to that kind of despair.

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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 2 ...

Replying to @mykola and @LouisatheLast
I'm AuDHD and have been a semi-lurker in **autistic** twitter for a few years now.

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