

# Helping Those On the Autism Spectrum Succeed In The “Real World”



*Photo Credit juliejordanscott via Flickr*

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## Let's Begin With A Question

**"If the people of the world were watching you live your life as an example for how to live theirs, what would they learn from your example?"**

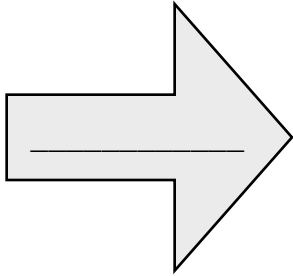
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## Our Six Primary Needs . . .

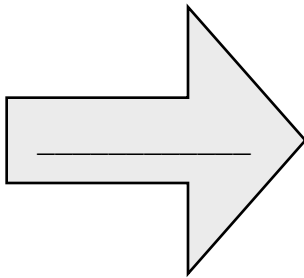


We all want things we can:

- count on
- predictable experiences
- a sense of what's coming

We want to know that we'll have food when we're hungry, a roof over our heads and protection from danger.

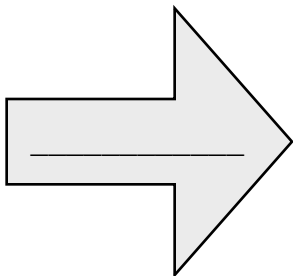
When any of those sources of certainty are threatened we'll find it in other ways, such as religion, wishful thinking, optimism etc.



Though certainty is our primary need of these six, too much certainty leads to boredom. Therefore we need variety to keep things new and interesting.

We find variety through experiences that:

- change our mental, emotional or physical state.
- We listen to music, watch TV, eat our favorite food and look for a change of scenery. Some even look to alcohol or drugs to change their state.



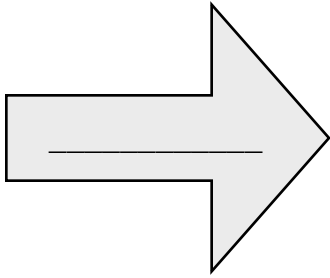
This refers to the need to:

- feel special, unique and important in some way.
- Significance can come from the recognition of others or your own recognition of your own efforts.

When others make you feel insignificant through their words or actions you may seek to gain your significance back by becoming angry and doing the same to them.

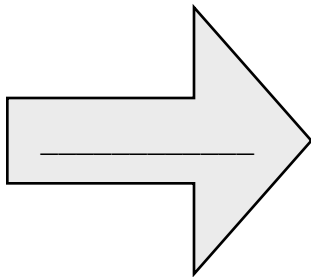
One extreme of this need is seen in the:

- attention getters, the drama kings or queens who always have a big problem that demands the attention of others. That attention



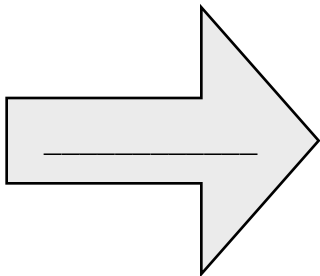
People need to feel connected to something or someone: a person, a pet, a value, a cause or a routine.

Connection can be temporary as when one child hits another, or smiles at them. It can be more lasting like a hug or love.



Everything in the universe moves in one of two directions. Towards life or Towards death, growth or decay. It's the natural way of things that compels us to work hard for our own life and to create a fulfilling one at that.

People aren't satisfied unless they feel like they're getting somewhere.



Contribution is a two way street we all need to survive. I explain it through the follow principle that I suggest you memorize and speak aloud several times a day. Ready?

### **The Rule of Complementarity**

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Contributing our gifts to each other is what makes it possible for us to survive and thrive. No amount of ego and illusion of independence will EVER change this fact.

# My Action Plan

Write your plan of action that describes how you will begin meeting the two needs you've decided you need to prioritize.

What Thoughts Will You Think?

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What Feelings Will You Feel?

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What Actions Will You Take?

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When Will You Start Doing All of This?

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# Food For Thought

*(Here are some thoughts I assembled for you to reflect upon. Consider the implications they have for your life.)*

“The reward for conformity is that everyone likes you but yourself.” – Rita Mae Brown

“I think therefore I misunderstand.” - Brian R. King

“When we lose the right to be different, we lose the privilege to be free.”  
- Charles Evans Hughes

“You can't bring out the best in people on the Autism Spectrum if you feel sorry for them because they're on the Autism Spectrum.”  
- Brian R. King

“In any moment of decision, the best thing you can do is the right thing, the next to best thing is the wrong thing, and the worst thing you can do is nothing.”  
— Theodore Roosevelt

“True leadership is more invested in getting the result than it is in getting the credit.”  
- Brian R. King

“Your ears are the closest to your mouth so you must listen to what you say first.”  
- Matt James

“Instead of trying to figure out who you are, realize that living is growing and rediscovering yourself along the way is the best adventure life has to offer.”  
- Brian R. King

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