

Comments on the article '15 tips for NT spouses'

Shauna:

"I am a family physician and it has taken me 12 years to diagnose my partner. At first I thought it was early dementia. When I first tried to communicate my concerns to our now none existent mutual friends my concerns were treated as an exaggeration and a joke.

I believe the important point in this article is that the partner must look after themselves. Like other partners with ASD I have thought that the problems were mine and like others have at times taken solace in alcohol. It is exhausting to be in a relationship where you sometimes feel that you have both the problems of living with someone and the problems of living alone. So to anyone reading this – look after yourself. If you are reading this then you have found an informative and helpful site.

Don't expect many people to understand, either health professionals, friends or family. Some helpful hints – other than drinking – give them their own room or space that they can clutter and either trawl the internet for hours and hours and hours. So that they're not just in the same room as you hour after hour after hour. Take a leave of absence. Luckily I don't have children but I do worry about leaving the animals in my partner's care. Find something or people who engage with you so that you feel good about yourself. And seriously if that three cord rift that my partner has been playing for the last five hours over and over again continues who knows maybe I'll watch a movie."

Hunter:

"This article helped me to get out of a new relationship that was becoming increasingly stressful, due to the highly intelligent partner's "adolescent" unwillingness to respect boundaries (and my difficulty in setting boundaries). I realize now that my ex-husband probably had Aspergers. It was a terrible marriage that ended 40 years ago; I never remarried."

Ruby:

"I'm so grateful for this article, it has been my awakening and I wept with the realisation of what has happened to me. I was married at age 17, it will be the 50 years anniversary next month and it's taken me this long to finally realise why my husband treats me the way he does – the passive aggressive behaviour has nearly destroyed me.

I feel like a prisoner who has finally got a release date after years and years of deep sadness and despair. I don't have to be responsible for this person who has sucked the life and joy out of me and have realised that the emotional coldness and long, long days of silence are not my fault. Thank you."

Anonymous NT:

"Thank you. The burden after 30 years is too great. I am giving up. 'The impossible conversation' was especially true. I hope other partners realise what is wrong sooner than I did."

Read '15 Tips for NT Spouses' here:

<http://www.aspergerpartner.com/15-tips-for-nt-spouses.html#comment-786>