



**You are not
alone.**

**We can help
each other.**

No one knows the joys and frustrations of living with and loving someone with Asperger's Syndrome like those of us who do it day to day. The lack of emotional reciprocity, acting as the social lifeline, and the loneliness can wear you down. Do you need support from those who truly understand what it means to be in a relationship with an Aspie? Then join us!

**Come share,
learn, or just
listen.**

The Indy Southside Asperger Partner Support Group was formed to give women in a relationship with someone with Asperger's a forum for validating their feelings, sharing their concerns and finding solutions.

Tamera Perry, who has both professional and personal experience with AS, and is also a MSW intern and counselor with Kenosis Counseling Center, will lead the group.

Meetings held every third Thursday of each month at 7 p.m., beginning in November, 2011.

Please contact our office for more information or to join our group.

Kenosis Counseling Center

1678 Fry Rd., Ste. D
Greenwood, IN 46142
(317) 865-1674
tamera@kenosiscenter.com

**Indy
Southside
Asperger
Partner Support**

Understanding your unique
relationship challenges



Adults with Asperger's

Many of us know a child diagnosed with Asperger's Syndrome (AS). Some of us may have a child with it. Eventually these children grow up to be adults, who are successful in many ways, but struggle socially. Many times, unless someone else in the family has been diagnosed, an adult may be unaware that they, too, have Asperger's.



“When you meet one person with AS - you’ve met one person with AS.” Dr. Stephen M. Shore

People with Asperger's Syndrome, informally known as Aspies, appear to be like everyone else in many ways. But there are key differences, the most notable is difficulty with social skills and intimate relationships. Many Aspies are highly intelligent and compensate for their deficits at school and in the workplace. But when it comes to reading the emotions of others—via body language, tone and facial expression—they flounder. Without this vital skill, Aspies may misinterpret signals from others, and respond inappropriately.

Non-Aspies who find themselves attracted to an Aspie's loyalty and integrity may be confused and frustrated by their loved one's inability to relate to them, thinking they are insensitive, rude or uncaring. In fact, Aspies often don't realize what has happened, leading to hurt feelings and damaged relationships.

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Partners of Aspies may feel:

- Confused and frustrated
- Powerless and hopeless
- Hyper-vigilant
- Emotionally neglected and betrayed
- Angry and depressed
- Criticized and blamed unreasonably
- Unsupported and isolated
- Responsible for everything, stressed
- Trapped and burned-out
- Disbelieved by others
- Like a single parent
- A loss of self, change in personality
- Anxious and ALONE

