

Love, Dating & Autism

Matthew Reardon Autism Conference 2017

Daniel Wendler M.A, author of ImproveYourSocialSkills.com

Get Ready

Things to do while you wait:

- 1) Talk to the person next to you
- 2) Think of some questions to ask about dating
- 3) Find your soulmate in the audience! (just kidding)



15:00

Love, Dating & Autism

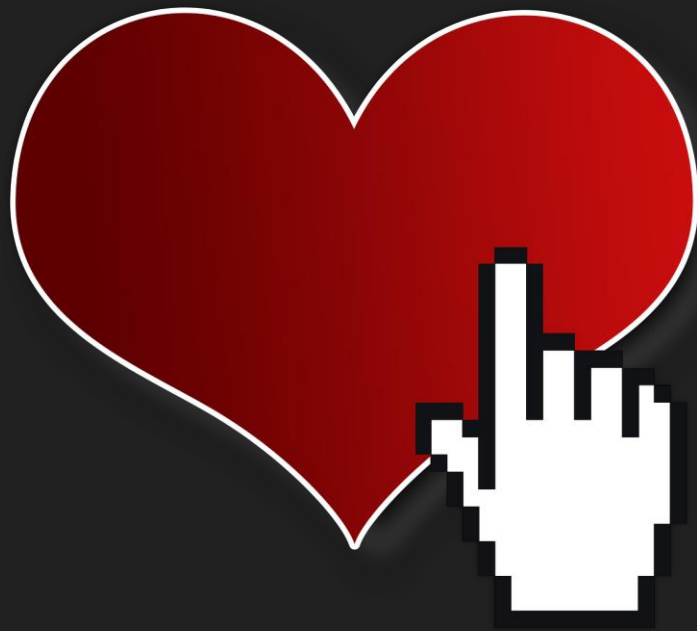
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Part One: Introduction

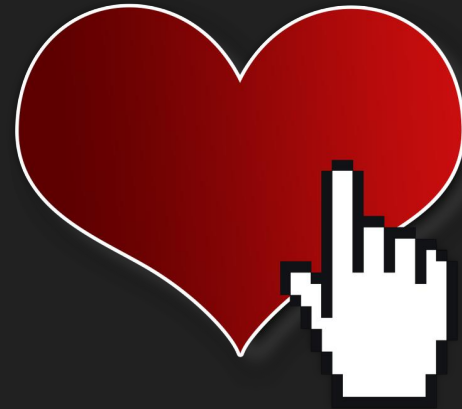


Part Two: Build The Foundation



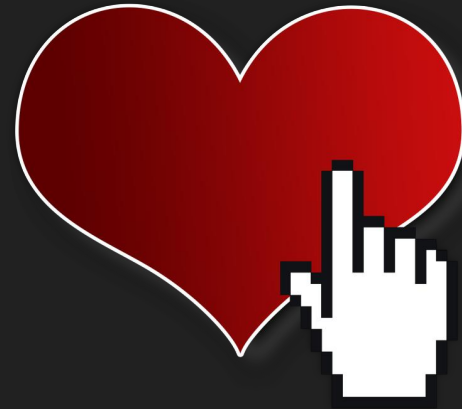
Questions To Ask Yourself

- “Am I taking good care of myself?”



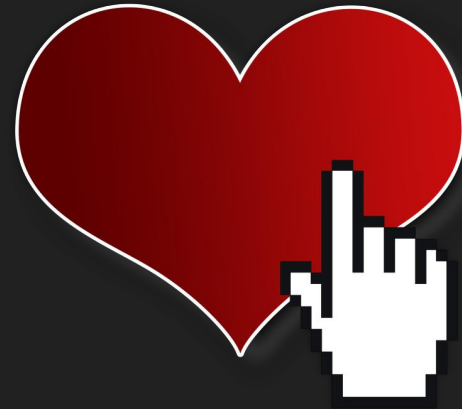
Questions To Ask Yourself

- “Am I taking good care of myself?”
- “Do I know how to be a good friend?”

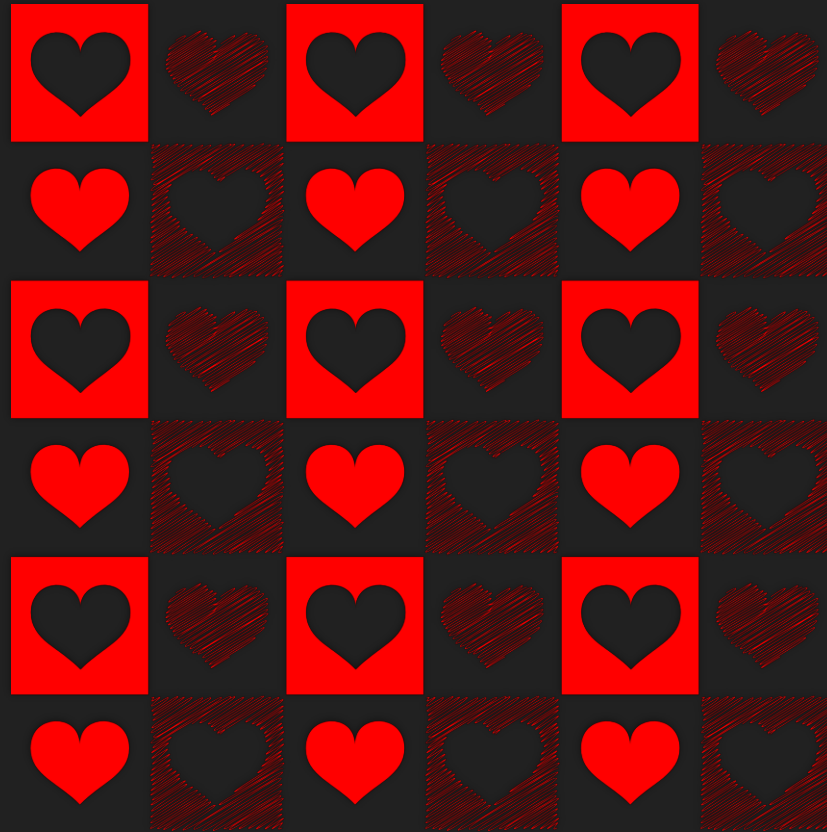


Questions To Ask Yourself

- “Am I taking good care of myself?”
- “Do I know how to be a good friend?”
- “Am I willing to do the work?”

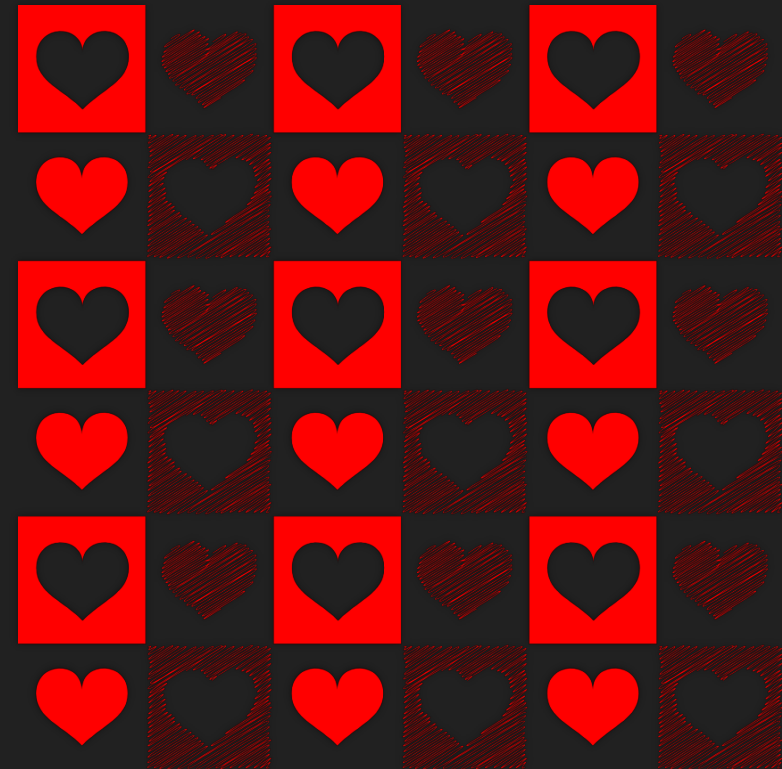


Part Three: The Slow And Steady Square



The Slow And Steady Square

- Time
- Commitment
- Emotional Intimacy
- Physical Intimacy



Time

- “You can’t uncook that”
- If you feel you’re going too fast, slow down
- Where else are you spending your time?



Commitment

- Explicit & Implicit
- Talk to your partner
- You don't need to rush



Emotional Intimacy

- Trust
- Vulnerability
- Support



Physical Intimacy: Your Boundaries

- Don't make up your mind in the moment
- YOU are the only one who gets to decide
- It's okay to say no at any time



Physical Intimacy: Their Boundaries

- Ask out loud
- They get to say no at any time
- Check in periodically



Part Four: Practical Tips



Setting The Stage

- Create opportunities for connection
- Start with friendship
- Seek out character



From First Date....

- Romance comes later
- Communication is key
- Bring your real self



....To “I Love You”

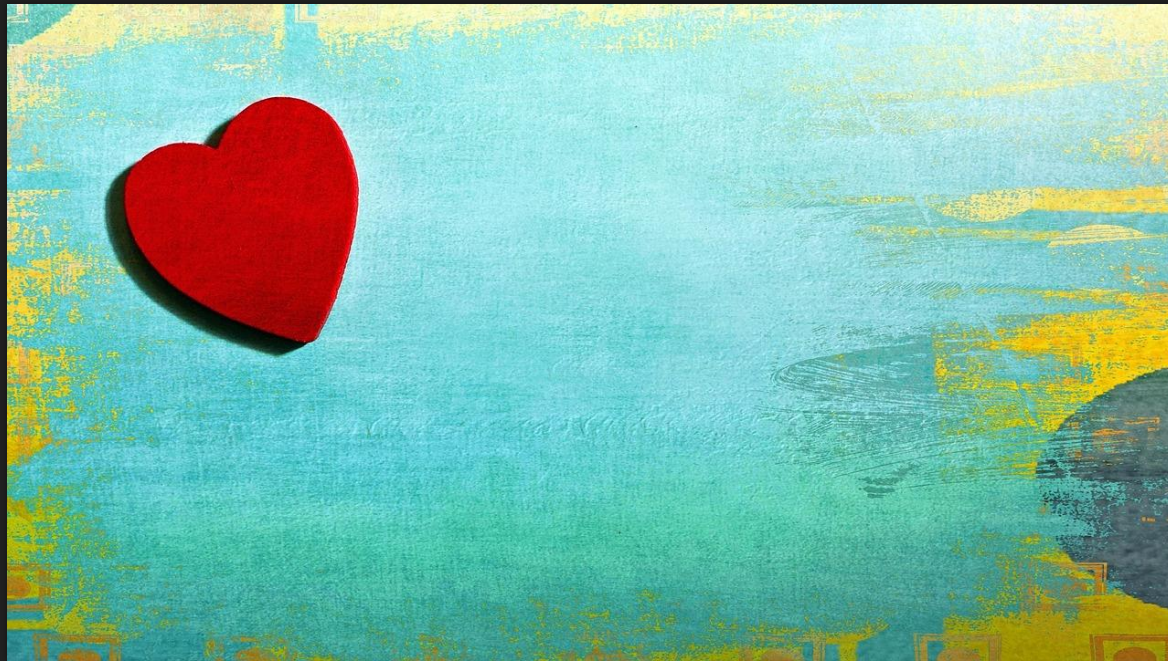
- No shortcuts
- Everyday adventure
- The power of interdependence



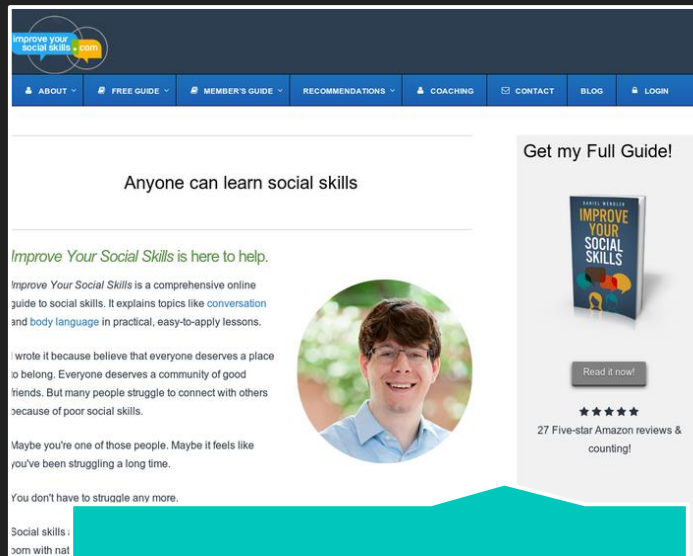
Video



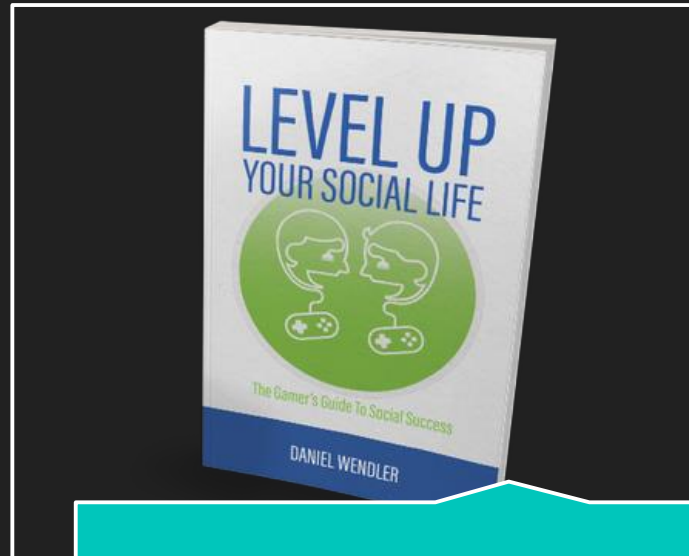
Part Five: Q+A



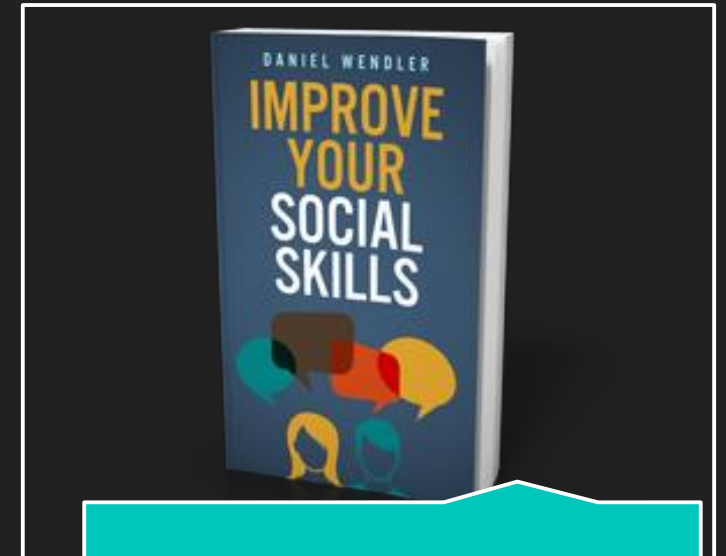
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