

INTRODUCTION TO UNIQUELY US: COUPLES' WORK

Chapter 1

AUTISM SPECTRUM PROFILE

What Impacts Presentation

 Analytical/Logical Thinker	 Intimacy & Emotional Connection	 Communication <i>Social Pragmatics & Semantics</i>
 Anxiety/Agitation	 Social Preferences & Interactions	 Executive Function
 Rigidity/Black-and-White Thinking	 Self-Referencing	 Theory of Mind & Perspective Taking
 Interests & Passions	 Trauma	 Sensory Profile
 Family of Origin	 Masking/Camouflaging	 Co-Occurring Issues

As you read the chapter, what questions do you have about any of these areas?

What criteria or aspects of this chart or what you read in the book seem to apply to your marriage?

What part does not seem to apply or impact the relationship?

DIRECTIONS

First, check all that apply in your relationship. Then, each person should choose the top five and list them on the next page.

- | | |
|---|--|
| ☐ Financial partnership/the lack thereof in the relationship (one partner dominates financial decisions) | ☐ We do not have friends or as many friends with other couples that we both enjoy |
| ☐ Emotional dysregulation of my spouse (formerly called melt-downs) | ☐ We do not spend time together in shared activities or experiences (note: TV watching does not count as a shared activity) |
| ☐ Emotional shutdowns; my spouse will emotionally shut down and we will not speak for long periods of time | ☐ Co-parenting; issues disciplining our children |
| ☐ Sexual relationship | ☐ Time spent on interests or passions is an issue |
| ☐ The state of the finances | ☐ Work-life balance is off |
| ☐ Too much alone/isolated time; lonely | ☐ My spouse/partner is not curious or does not appear interested in me |
| ☐ Not enough alone time to pursue my interests | ☐ I feel constantly criticized |
| ☐ Extended family relationships with me or my family | ☐ Our faith/religion about headship/submission and how it is interpreted and applied |
| ☐ Communication on a daily basis is difficult; misunderstanding; lack of attunement | ☐ Rigidity |
| ☐ Conflict does not get resolved; conflict is avoided | ☐ Not enough structure |
| ☐ Lack of overall communication (lack of courtesy check-ins, updates on schedules, logistics) | ☐ My spouse/partner does not seem to understand my point of view/perspective |
| ☐ Lack of connection or emotional intimacy | ☐ Other (please specify): |

Ranking

His Top 5:

- 1.
- 2.
- 3.
- 4.
- 5.

Her Top 5:

- 1.
- 2.
- 3.
- 4.
- 5.

What is most pressing in the relationship right now?

Where are you in acceptance or curiosity or exploring neurodiversity?

What have you read or listened to about neurodiversity?

What are your expectations of coaching?