

SIX-WORD LESSONS ON GROWING UP AUTISTIC

100 Lessons to Understand
how Autistic People
see Life



SIX
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LESSONS

Trevor Pacelli

Six-Word Lessons on Growing Up Autistic

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Published by Pacelli Publishing
Bellevue, Washington



One percent of the population of children in the U.S. aged 3-17 have an autism spectrum disorder...

One in 68 newborns will be born with an autism spectrum disorder...

Only 56% of students with autism finish high school...

One million Americans live with an autism spectrum disorder...

My name is Trevor Pacelli. I was diagnosed with Autism at age 5. I am the first in my extended family to have autism. Growing up autistic has been difficult not only for me but for my parents and my sister. We've all had to learn about autism and how to maintain a peaceful household. I deeply want other families with autistic children to learn from my experiences. This is why I wrote ***Six Word Lessons on Growing Up Autistic***.

In ***Six-Word Lessons on Growing Up Autistic***, you will find 100 short, practical tips to help understand the autistic person in your life, told through insightful personal experiences by someone who has grown up autistic. Rather than pore through pages and pages of content, ***Six-Word Lessons on Growing Up Autistic*** gives them to you quickly and easily.

My hope is that you are able to use my experiences to help you with raising your autistic child, or relating to anyone you know who is living with autism. Tell me how it's impacted you at Trevor@GrowingUpAutistic.com.

A Different View of the World

12

You won't believe
what they think.

Most people think in logical terms, others think in imaginative terms. But some who have autism, such as myself, think in completely abstract terms that makes little sense to others. It is a combination of imagination and how they see things.

13

They don't just
see a tree.

Instead of just seeing a tree, they may add on to that and imagine it painted pink and yellow, sprouting seventeen eyeballs and growing to Godzilla height. Their imagination lets them see everything as a world of their own.

14

Their imagination is
over the top.

A grapefruit peels open and a hybrid giraffe-bat comes out and sings *Mary Had a Little Lamb* in Chinese. That is just an example of how my imagination functions. Anyone other than me would not understand where I got this.

15

They observe
everything to the
extreme.

With my case of autism, I have a very strong attention to detail, for I notice little things that other people do not. Others like me also have this, and it has been shown that most autistic people are extremely visual learners and observers.

16

They find it
tough to explain.

With all that is happening in my head, I sometimes cannot find it in me to share any of it with others. My thoughts are very personal to me, and I usually just can't form thoughts into words.

17

Only focus on one single subject.

Because I get so focused and absorbed into whatever I am doing, it often takes a full hour to fully move on from that activity to another. This is one reason transitions are one of the most common difficulties for autistic people.

18

It's difficult to
try new activities.

I have certain subjects, such as drawing and art, in which I'm very fascinated. When I was younger, I actually had an aversion to any other subjects or interests that were not my own, and often did not want to join in such activities.

19

They have their own
exceptional talents.

With myself, I know that I have a true gift in drawing and photography. Every autistic child is not artistic, but they usually have a specific exceptional talent that stands out. One may be a whiz in history, a master in marine biology, or even a careful nutritionist!

20

They get either As or Fs.

With some autistic kids, their brains allow them to do either tremendously well or horribly. One may be a master in science and just breeze through all the labs, but just cannot perform a math equation to save his life.

21

Nobody on earth
thinks like them.

I have met very few people who have the same wide-ranged, detailed thinking style that I possess. Every individual who has autism has a unique way of thinking, which can provide help in areas that no one else can.



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