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The Autism Relationship Dilemma

***We who are autistic cannot feel what you feel,
and you cannot feel our inability to feel.***

To My Beloved,

Because I am autistic, my brain processes emotions intellectually, a process that takes about 24 hours, by which time it is too late for me to have felt anything. I know what emotions are, but my brain is incapable of feeling them.

I understand what you feel; but I cannot feel what you feel. It is impossible for me to be emotionally available to you, nor can you be an emotional safety net for me.

When something upsets me, you naturally want to help. But my autistic brain requires solitude to work things out. The best way to help me is not to help me.

- **David Rowland**