

What is Asperger's Syndrome?

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By Jade Joddle

Jade: Today I'm doing a virtual interview with Dan from The Aspie World. I've got a couple of questions to ask him about what it's like to have Asperger's Syndrome. I wanted to do a video about this on my channel because it's a communication disorder, which makes social communication confusing and difficult for people. Rather than explain that myself, I wanted to ask Dan some questions so he can tell us about it in his own words.

Let's start with Question Number One: Describe Asperger's to us in three words.

Dan: Hi Jade! Thanks for having me. If I had to describe Asperger's Syndrome in three words, it would be 'All The Time.' And what I mean by that is that it's constant, it's not something that you get over, like if you have a cold, you'll get over it; or if you're feeling down, you'll get over it. It's something that happens all the time. It's constantly this thing: I have to always adapt things, to make myself more comfortable and things like that.

Jade: Question Number Two: In what situations is communication hard for you?

Dan: I would say that communication is most difficult for me when I'm face to face with people who are asking me to do something like a task or a set of instructions. I find it extremely confusing; but I do have a coping mechanism to follow.

Jade: Question Three: What is a meltdown and how does it feel when you're having one?

Dan: A meltdown is when you get overloaded with information, and sensory information and all kinds of stuff and it kind of tips you over the edge. It's almost like a panic attack: you feel really overwhelmed and you can't function. It's a difficult thing to explain, really. But I would say: Imagine being tossed into the ocean in the middle of winter into freezing cold water. And your body starts shutting down and you don't know what to do. I think that would kind of sum it up as an experience. It's not very nice, I don't like it.

Jade: Question Four: As a child growing up with Asperger's Syndrome, was school hard for you?

Dan: Growing up with Asperger's Syndrome was extremely difficult, especially schooling. I tried my best to stay out of school. It was very unnerving and unsettling. Being in school, I was constantly on edge: you know like sweating, and puking, or worrying constantly. So I think for me school was very difficult. It got easier as I got older, and as I was able to make friends. But it was extremely difficult in primary school; it was just a hard time, you know, especially in the early 1990's when they didn't know much about autism... But, you know, I got through it OK.

Jade: Five: Do you ever feel awkward or shy these days, and if you do, any tips for us watching?

Dan: I do feel awkward and shy, mainly in front of people I don't know. I feel quite awkward when I'm trying to talk with somebody but I know I'm gonna mess up what I'm saying, because I'm not very good at putting my thoughts into words, when I haven't got preparation time. But I kind of just hold back a little bit, and I

kind of make myself prepared, I guess, as best I can for any situation. That's the only way to overcome it.

Jade: And Question Number Six: Tell us about your channel, The Aspie World. And thank you for coming on my channel and telling everyone about what it's like to have Asperger's. Bye from me!

Dan: I've got my own channel called The Aspie World. The link to it should be in the description of this video. If you click it, please subscribe to my channel: that would be awesome. You can also visit by going to [youtube.com/aspieworld1](https://www.youtube.com/aspieworld1). And check out my videos: I do blogs, I do informational videos, and factual videos; I do some fun videos as well. And I try my best to cater to everybody's needs. I'm also on Facebook, you can get me at [facebook.com/theaspieworld](https://www.facebook.com/theaspieworld). And I'm also on Twitter: twitter.com/danxms3. Thank you for watching this video and please subscribe to my channel if you like this kind of thing and want to know more about me and see my daily blogs. I'll see you next time! Thanks for having me, Jade.