

# AspieDad Communication Guide

A one-page summary with practical communication help for both NT and Aspie readers.

## Research-based framing for spoken communication

Research on spoken communication suggests that the clearest exchanges are brief, concrete, and focused on one main point at a time, rather than combining multiple layers of emotion and explanation.

A useful starting point is to allow about 10 seconds of space before continuing.

Of course, this may vary depending on the listener, stress levels, environmental factors, and how well you know each other.

## 3 Helpful Tactics For NT Readers

1. Be direct and specific.

Say the real need clearly instead of hinting or expecting it to be inferred.

2. Use one issue at a time.

Break information into short, manageable chunks and check understanding before adding more.

3. Slow down and pause.

Do not fill silence with more language too quickly. Processing time is often part of understanding.

## 3 Helpful Tactics For Aspie Readers

1. Say the care out loud.

Do not assume your love or concern is obvious. NT spouses often need it spoken clearly.

2. Acknowledge feelings before facts.

Start with: "I can see this hurt you" before moving into logic, analysis, or correction.

3. Return after processing.

If you need time, say so directly and come back. Silence without return can feel like rejection.

## 3 Simple Phrases For NT Readers

1. "I am going to keep this short and clear."
2. "Can you tell me what you heard me say?"
3. "We can stay with one issue at a time."

## 3 Simple Phrases For Aspie Readers

1. "I care about you, even if I am struggling to show it."
2. "I need a few minutes to process, but I will come back."
3. "Do you want comfort, help, or for me just to listen?"