

# A Dating Survival Guide for People with Asperger's Syndrome

- Amongst young people there is much more talk and humor about sex than there are people doing it.
- The rules for men and women are different.
  - If a man has had lots of girlfriends then he might be called a stud or a stallion. This is a compliment.
  - If a woman has had lots of boyfriends then she might be called negative names. This is an insult however unfair this rule may seem.
- Most women tend to be attracted to men who are fairly good looking, gentlemanly, able to read their signals on boundaries), polite, clean, honest, not trying too hard to impress, adaptable, positive, supportive, charismatic, fun to be with, having character in their voice, not too meek but not macho either and who show an interest in their feelings. It is rare to find a man with all these qualities together and most women do not expect perfection.
- As surely as the rules differ between women and men so too do the rules governing gays and lesbians.
- Knowing all the different swear words and various slang is important if you want to understand most of the humor amongst young people. If you'd rather not use these words yourself then you don't have to and this might be a good thing. However, you can look them up in a dictionary if it is modern enough and large enough.
- Getting too close to someone can sometimes get you into trouble unless you have already established an intimate friendship with that person. However, you might not want to put up barriers either. If you are a man, then if you allow other people to come up and flirt with you but you don't go up and flirt with them you will probably be taking a trouble-free option and this is probably good.
- If you are a woman be choosy about the people you flirt with. If you flirt with a man who has a serious lack of respect for boundaries, he might start to make a nuisance of himself.
- When it comes to physical contact between yourself and other people, try to develop for yourself a sense of what is and isn't appropriate otherwise certain people may become mysteriously unfriendly towards you without ever actually telling you why.
- If you have a crush on someone don't let anyone know in public. People might start making fun of it and your chances will probably be ruined. You may secretly tell a friend you know and trust if you think they might be able to help. Tips for asking people out are

mentioned in this chapter.

- If you are a virgin or not, don't tell anyone and try to avoid related topics of conversation, especially if you are a man. There are plenty of virgins out there, many of them in their thirties and very few of them actually tell people. If you have already told people, don't worry, just don't tell anyone else.
- If people make fun of you just because you are a virgin don't let them think it is getting to you and try not to let them sway you into becoming someone with just one thing on your mind as this will cause you a lot of distress.
- Also don't worry about having sex just so that you can say you've done it. Besides when asked "have you done it?" it is usually more admirable to laughingly say something like "what's it to you," "that's personal" or "mind your own business." This can easily fool the other person into thinking you've done it anyway. After all, if someone else said one of these things to you what would they lead you into believing?
- If you have recently been out with someone or been to bed with someone your friends and peers might rather persistently try to find out as much as they possible can about your encounter. This can be extremely embarrassing. In such situations you may decide to disclose absolutely nothing at all, hoping they will lose interest. Alternatively, you can simply NOT take it seriously and laughingly give them ridiculous exaggerations of what happened.
- Some men find it difficult to understand that the very idea of boosting their own egos by collecting memories of sexual liaisons with as many different women as they can is insulting or degrading to a woman's ego.
- Many people in all honesty find their first experience of sex disappointing.

## **Nights Out**

- The best reason for having an evening or a night out is to have a good time and talk to people.
- You will probably have a much better time if you have a night out with friends rather than if you go out alone.
- On a night out the rules regarding body language become more important.
- Be careful with your gaze (unless of course you are talking with someone). If you look at someone for too long they will probably notice you out of the corner of their eye. This may cause them discomfort. They might then tell their friends about it and become

secretively unfriendly towards you. This is especially true about men staring at women.

- If you have been invited to a party it is best to turn up at least half an hour late.
- It is good to have a bath or shower before you go out.
- It is best not to be the first on the dance floor even if you can't see anything wrong with this yourself. This doesn't mean you can try and persuade someone else to be the first.
- If you are at a night club and it is difficult to join in a conversation with people because of the music being too loud then you might be one of these people who is better off in pubs or parties at people's houses.
- If you are old enough to drink, try not to drink to the extent that you make a spectacle of yourself because you might very well cause people to lose interest in you or to take advantage of you.
- Most people do NOT think that smoking is cool so don't think about taking it up for this reason.

## **Meeting People**

- If a woman doesn't want to go out with a man, she will let him know by slipping the words 'my boyfriend' into the conversation. This might sometimes mean lying but it is thought by most people to be the most gentle way of letting the man know.
- When out on a date or talking with someone, don't forget to look at their face more than two thirds of the time (maybe more) while listening or speaking and smile a bit. If they are doing the same it means they like you too.
- If you wish to ask someone out, do it casually and sincerely.
- The time it takes between meeting someone for the first time and becoming partners with them can be anywhere from a few minutes to hours, days, weeks, months or even years. If it only takes seconds however there is probably something wrong.
- You may find someone to go out with at ANY time, it is highly unpredictable.
- You might end up spending an evening or two or three with someone you really like and who really builds up your hopes up, only to find that they disappoint you. This can happen to anyone and is hardest to cope with when you are new to going out with people.
- Finding the right moment to make that first move is probably the most difficult thing of all and you may need to break some of the rules I have given (cheating a little). Asking

someone out is a bit like gambling all your self esteem and taking complete pot luck. But if they turn you down it DOES NOT mean it was stupid to ask.

Source - [www.trusera.com/health/stories/trusera\\_on\\_autism/dating-tips-for-adults-and-teens-with-asperger-s](http://www.trusera.com/health/stories/trusera_on_autism/dating-tips-for-adults-and-teens-with-asperger-s)