

As long as you do not set aside your neuro-typical frameworks before you reach out to us, it will not be possible to communicate with us on an equal footing.

Autism is not a disease!! It is a gift, a much better being set up, what for example the depth of perception concerned and not infrequently the intelligence, too! Proved by the ICD10, Mr. Kennedy!

Nieke Horst

**always
for
Rolf**

Nieke Horst

**An old autists
thoughts**



About the author: Nieke Horst, today 60, is Asperger Autist, studied German Studies, French, Adult Education and Sports, practiced Japanese Rinzai-Zen for many years in addition to a monastery stay in Japan and with her husband developed her way of living: Simplicity, silence and structure, which makes it possible to live on the edge of a ranged, ignorant NT society. Today she lives with her husband, dog, and cat in northern Germany.

© 2025 Nieke Horst - niekehorst@freenet.de

ISBN Softcover: 978-3-384-61093-5

ISBN Hardcover: 978-3-384-61094-2

ISBN E-Book: 978-3-384-61095-9

Printing and distribution on behalf of the author:

tredition GmbH, Heinz-Beusen-Stieg 5, 22926 Ahrensburg,
Germany.

The work, including its parts, is protected by copyright. The author is responsible for the content. Any utilization is not permitted without its consent. The publication and distribution are on behalf of the author to achieve at: tredition GmbH, Abteilung "Impressumservice", Heinz-Beusen-Stieg 5, 22926 Ahrensburg, Germany.

Contact address according to the EU Product Safety Ordinance: impressumservice@tredition.com

Table of contents

Prologue	9
I. There is real help in:	
1 Speak quietly, be quiet	13
2 Not too close – observe day form	15
3 Avoid small talk	17
4 Beware of their special topics!	19
5 If tactlessness means being better informed, then I am just tactless or: what does that mean "being <u>too</u> honest"??	21
6 red, yellow + green cards	23
II.	
1 The unteachable	25
2 The disabler	27
3 The activ-damaging	29
4 The friends and helper	31
5 The hurtful	33
6 The ignorants	35
7 The self-damaging or Masking as health damage	37
8 The autistic camouflage cap	39

III. Letters, thoughts, obituaries

Letters: neurodiversity unsensitivity of
medical staff

- | | | |
|---|--|----|
| 1 | Mammography | 41 |
| 2 | Family doctor or an employee -
Just don't cry with the wolves | 43 |

Thoughts:

- | | | |
|----|---|----|
| 3 | Unused potential | 47 |
| 4 | Diversity Day – NDR Report | 51 |
| 5 | The garden was nice,
people were ugly | 53 |
| 6 | Diversity sensitivity | 55 |
| 7 | Neurotypical arrogance | 57 |
| 8 | Neurotypical judgments | 59 |
| 9 | Ignorance | 61 |
| 10 | Hate | 63 |
| 11 | Saga Norén (The Bridge) sister in
spirit | 65 |

Obituaries for two angels:

- | | | |
|----|--|----|
| 12 | My angel Ida | 67 |
| 13 | Fussel – a friend had to continue
going | 69 |

„At some point you raged enough and
mourned – then the leaf turns into gratitude
and positivity – and in a very conscious

retreat. Nothing else does make sense.“	
IV. What keeps devastating me or the ignorance of the neurotypicals	71
V. The mobiles	75
Quotes	77
Further media information	79
Graphics „My autism“	81

Prologue

„Know one, know one.“

Autists are different, colourful, individual – like the spectrum, that's why it is named this way.

And: Autism is not a disease, but often a much better commitment.

Me, for example, I am much better positioned in relation to the depth of my perception – and therefore overloaded much faster than neurotypical people.

You can see this as a shortcoming or as a great ability, as a gift.

Autism spectrum blessing, not autism spectrum disturbance.

It's only a disturbance from the perspective of neurotypical and only if they take themselves as the measure of all things.

*"My autism is a
revelation for me!
I would not want to
exchange neurotypical."*

*I am not part of this
group of the dumbness.
And I don't want it either!
My path must lead towards retreat.
By the way, there were many
in human history,
Bodhidharma, for example,
my favourite Zen figure.
He advised people in the
adjacent monastery,
but then retired to
his cave again and again.*

Nieke Horst

I.1 Speak quietly, be quiet

People who are capable of neurodiversity do speak some nuances quieter than usual in the presence of autistic people – out of consideration for their often sensitive hearing.

Of course, they don't mow autists on their soul around either, especially not two hours and with visible joy. I always wear a sound insulation headphones with me because I know a) the uninformedness of the neurotypical in terms of autism and b) to be able to parry their power games, if they need to show such behaviour.

I know an early childhood autistic, today a young man and also blind who literally "can hear grass growing." He experiences the breaking of nature in spring as extremely painful, then hardly sleeps and sometimes screams with pain.

In his family, who also houses a highly functional autistic person, they have made it a good habit of speaking quietly and less.

A blessing for me! In addition, being quiet also seems to me to appear in common with a general mindful being.

I.2 Not too close - Observe Day form!

In addition to my autism, I also have a post-traumatic stress disorder due to a long time of devaluation, violence, and attacks. So it makes sense to try in contact with me first to explore how it is ordered with my state of mind. You can just ask.

It is always good to keep a certain distance, because I perceive my "aura" very precisely, and I am contrary to people who go beyond my limits.

Some only have an intellectual definition of autism. When it comes to adequate behaviour, they often fail miserably.

I think that my autism often doesn't have much to do with their imagination of autism or their experiences with other autistic people.

Everyone is different.

I.3 Avoid small talk!

It's very simple: don't talk that much. Nothing superficial.

A wonderful exercise for everyday life – if we omit everything plate, it would be much quieter, more beautiful and deeper here.

I would like that.

That's why I appreciated silence so much during my Zen practice time.

Incidentally, communication runs 80 % through body language anyway.