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**Autistic Adults and Gaslighting**

**August 9, 2021**

**Program Script includes my opening announcements, introduction, some ads, future shows, and Today’s Autistic Community Bulletin Board**

Welcome everyone to Today’s Autistic Moment: A Podcast for Autistic Adults by An Autistic Adult. My name is Philip King-Lowe, the owner, producer, and host; and I am an Autistic Adult. Thank you so very much for listening.

Today’s Autistic Moment is always a free to listen to podcast that gives Autistic Adults access to important information, learns about our barriers, and helps us discover the tools and strengths we need for self-advocacy.

This first segment of Today’s Autistic Moment is sponsored by The Autism Society of Minnesota: Minnesota’s First Autism Resource. The Autism Society of Minnesota has been serving Minnesota’s Autism Community for the past 50 Years. Visit them online at <ausm.org>.

Please go to [todaysautisticmoment.com](https://todaysautisticmoment.com/) to the [New Podcast Episodes](https://todaysautisticmoment.com/podcast-episodes/podcast-episodes/) page and the [Episode Index](https://todaysautisticmoment.com/podcast-episodes/ein/) page to get updates, download shows, program scripts and interview transcripts. Interview Transcripts are sponsored by GT Independence.

You only have until 3pm on Tuesday, August 10th to purchase your tickets to talk with Samuel J. Levine that same evening at 7:00pm Central Standard Time about Autistic Adults and Employment. This is an exciting opportunity for you to listen to a legal expert and strong advocate for disability rights for Autistic Adults and ask him questions. Tickets are only $10.00 a person. While all of the subscription offers get you many great bonuses, such as recognition on the website, new episodes or the *Monthly Moments Newsletter* sent to you by email, a free ballpoint pen and stylus; the Podcast Planning Partners subscription for as little as $15.00 a month will allow you to join me for monthly live virtual planning meetings to help improve the podcast and attend special live virtual events for only $5.00. When you become a Podcast Planner Plus Free Pass subscriber for only $25.00 a month, you can get everything previously mentioned, only you will get to attend special live virtual events at no additional charge. So, subscribe today. Go to [todaysautisticmoment.com/subscribe/](https://todaysautisticmoment.com/subscribe/) to subscribe now.

I am pleased to introduce Autistic Voices Round Table Discussions. The first installment will be on Wednesday, October 20th at 7:00pm Central Standard Time and the topic will be Person First Language vs. Identity First Language. The Autistic Voices Round Table Discussions will be a special live virtual event that will bring together six individuals on the Autism Spectrum to talk with each other about important topics that may or may not be featured on the podcast. The topics will include but not be limited to Person First vs. Identity First Language. ABA Therapy: Is It Abusive? Employment. Stimming. Masking. Functioning Labels vs. Support Labels. Health Care. What will be different about these round table discussions, is that the participants will be Autistic individuals so that Autistic and Non-Autistic people alike can hear how we feel about these issues. If you are an Autistic individual and would like to apply to be a participant in the first Round Table Discussion visit [todaysautisticmoment.com/autisticvoices/](https://todaysautisticmoment.com/autisticvoices/). All applications for the first Round Table Discussion must be received by Friday, September 3rd. If this first Round Table Discussion is as big of a success as I think it will be, I will begin hosting them on a bimonthly basis beginning in 2022.

It was less than one year ago, when a person that I trusted decided to tell me that our friendship did not mean to him what it meant to me. In the course of the conversation, he tried to change my understanding of the reality of things that he said and made me the one who got things completely wrong. I admit my social challenges as an Autistic can create some problems for me to understand what someone might be intending. Just because I have those challenges, doesn’t mean that I never know what someone is saying or doing. It wasn’t until many weeks later that I understood that my former friend was gaslighting me.

Gaslighting is a form of manipulation and abuse concentrated on making someone doubt their own sense of reality. Gaslighting happens with constant lying and coverups, with actions that contradicts words, and leaves the one experiencing the abuse feel like they have to defend their reality. Gaslighting can really eat at someone’s self-esteem and begin thinking they have no sense of reality.

Autistics experience gaslighting by parents, family members, friends, teachers, therapists, supervisors, strangers, spouses, and many more. Gaslighting is often very subtle and passed off as harmless advice, when what it really is, is ableism in disguise. Gaslighting dehumanizes the Autistic individual by promoting the horrible stigma that Autistic individuals are incompetent at interpersonal relationships, jobs and managing their own everyday lives.

Lyric Holmans is an Autistic self-advocate from Texas and is known as the Neurodivergent Rebel. Lyric is the owner of [Neurodivergent Consulting](https://neurodivergentconsulting.org/). Lyric works to help organizations and others understand where they fall short of being inclusive of neurodiversity. Lyric started their blog in 2016 and is the pioneer of the hashtag asking autistics, where Lyric addresses issues of burnout, masking, and many other controversial subjects. Lyric’s writings have been published in NeuroClastic and they have been a guest on many podcasts such as Sensory Matters and Sounds Like Autism. Lyric identifies as queer and nonbinary. Lyric Holmans is the perfect guest to talk about the subject of gaslighting.

After this first commercial break, Lyric Holmans and I will talk together about Autistic Adults and Gaslighting. Stay tuned.

**Future Shows**

Thank you to all of the regular a new listeners, sponsors, and guests who are making Today’s Autistic Moment a huge success. My first year has been going very well. This podcast is making an impact because of all of you.

Our Summer season will finish up with *Autistic Adults and Interdependence* on August 23rd with Zephyr James. Interdependence is best understood as relying on each other to create health relationships, family, and community building.

The Fall shows will begin with *Autistic Adults: Dating, Romantic Relationships and Sexuality* on September 6th with Leah Bauman-Smith from Mad Hatter Wellness in St. Paul, Minnesota.

On September 20th, Leah Bauman-Smith returns to talk with me about *Autistic Adults: Let’s Talk About Consent*.

Other shows in October, November and December will cover topics such as Coming Out as Autistic, Transgender and Non-Binary. Relationships with other Autistics. Preparing for Sensory Unfriendly Holidays. Substance Abuse Addiction. Substance Addiction Recovery and Internet Safety.

Remember to visit [todaysautisticmoment.com](https://todaysautisticmoment.com/) for podcast updates, new and previously published shows and to read about the upcoming Autistic Voices Round Table Discussions.

Thank you for listening to Today’s Autistic Moment.

If you would like to read more about gaslighting check out Terra Vance’s article *50 Ways Society Gaslights and Stonewalls Autistic People*. Another great article is *Toxic Positivity, Gaslighting, and Tone Policing Autistic People*. The final article I recommend is *Autism and Gaslighting-Joely Williams Speaks on ‘All Things Autism.”* You can find the links to these articles on [todaysautisticmoment.com/adultlinks/](https://todaysautisticmoment.com/adultlinks/).

Remember to purchase your tickets by 3:00pm on August 10th, to attend the special live virtual event Autistic Adults and Employment with Samuel Levine on August 10th at 7:00pm. Tickets are only $10.00 per person, or you can purchase tickets for Groups of 4 for only $7.00 each. Go to [todaysautisticmoment.com/lve/](https://todaysautisticmoment.com/lve/).

**Today’s Autistic Community Bulletin Board**

On Sunday, September 19th, 2021, Minnesota Independence College and Community invites you to their 4th Annual IndePENNdance 5k Run/Walk at Donaldson Park in Richfield, Minnesota. Check In/Registration is at 9:15am, the race starts at 10:00am. Go to [www.miccommunity.org/5k](http://www.miccommunity.org/5k).

Understanding Autism and Best Strategic Practices virtual class will be on Monday, August 16th, 2021 starts at 6:00-8:00pm. Go to <ausm.org> to register. Send an email to [eringgenberg@ausm.org](mailto:eringgenberg@ausm.org) for more information.

Registration is now open to attend the virtual Autism Community Summit 2021 on Saturday, September 18, 2021, from 9:00am to 4:30pm.

Go to <ausm.org> to register.

If you have any questions for me, you can always send an email to [PKLowe@todaysautisticmoment.com](mailto:PKLowe@todaysautisticmoment.com)

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