

Change

- 1) Many people on the autistic spectrum do not favour change because change brings a disruption of familiarity that upturns the stability of a way of life or being.**
- 2) As a person on the autistic spectrum, I always feel I need a sense of stability that allows me to orientate myself with familiarity where I can explore, grow and progress in things that I like.**
- 3) Stability also gives me a feeling of certainty where there is a sense of security. I feel safe and settled where I understand more about what is going on around me.**
- 4) Because us people on the autistic spectrum perceive and understand the world in a different way to others, change can appear to be for the worse because of the way the world around us handles change itself.**
- 5) Again, we do like change providing we feel that the change is for the better or we can see the sense of it, where change is handled by the world around us in the right way that benefits our well being.**