

Methodicalness

- 1) Being methodical is one of the favourite ways amongst people who are on the autistic spectrum. Its both a trait and a way of liking things to be.**
- 2) Out of methodicalness comes both routine and therapy that leads to both ease and enjoyment.**
- 3) Routine provides autistic people with a constant format to our liking that makes our task or way of doing therapeutic.**
- 4) The enjoyment is the rhythm of doing where the rhythmic flow is the ease that provides the comfort.**
- 5) Through being methodical is where tidiness becomes a clarity that creates a structure. It brings stability for us who are on the autistic spectrum, in a world that we can not make sense off.**