



UNDERSTANDING AUTISM PODCAST

SHOW NOTES

SEASON 1 EPISODE 8

PERSEVERATION



Perseveration
artwork by Nicole Kubilus

Some autistic people experience the feeling of being 'stuck'. This can manifest itself in the form of thinking patterns, speech, and body movements. In this episode we examine what perseveration is and tips on how manage this experience.

➤ **WHAT IS PERSEVERATION? (0:00-2:16)**

- experience of being stuck
- can be in speech, movement, or thinking
- coping mechanism
- involuntary
- struggling to switch from one topic to the next

➤ **NICOLE'S EXPERIENCES (2:16-4:53)**

➤ **PERSEVERATION VS. FIXATIONS (4:53-6:00)**

- fixation experiences - excitement
- perseveration - distress
- example: art

➤ **SOME ROOT CAUSES (6:00-7:36)**

- anxiety, depression, anger
- slow processing speed
- not understanding social cues
- inflexible thinking
- lack of soothing skills
- sensory discomfort

➤ **NEUROSCIENCE BEHIND PERSEVERATION (7:36-8:46)**

- impacts both neurotypical and neurodiverse people
- prefrontal cortex development
- inability to process new information and adapt to changing circumstances



UNDERSTANDING AUTISM PODCAST

SHOW NOTES
SEASON 1 EPISODE 8
PERSEVERATION

LINKS

Danielle Sullivan
["How To Define
Perseveration in ASD"](#)
(blog)



Some autistic people experience the feeling of being 'stuck'. This can manifest itself in the form of thinking patterns, speech, and body movements. In this episode we examine what perseveration is and tips on how manage this experience.

➤ **WHEN PERSEVERATION BECOMES PROBLEMATIC (8:46-10:34)**

- behaviors escalate anxiety, depression, suicidal thoughts
- help to break out of mental block
- mindfulness exercises, movement
- use of timers
- therapeutic intervention

➤ **WHAT WORKS FOR NICOLE (10:34-21:45)**

- exercise
- yoga, meditation - letting go of perseverating thoughts
- mindfulness exercises

➤ **OTHER SOLUTIONS (21:45-26:29)**

- journaling
- art as a way to get feelings out
- use of timers
- therapy
- neurotypical person's role
- what not to do to help an autistic person

➤ **BRET AND NICOLE'S PERSONAL EXPERIENCE WITH PERSEVERATION (26:29-47:23)**

➤ **BRET AND NICOLE'S EXPERIENCE WITH PERSEVERATION OUR CLASSROOMS (47:23-54:39)**

➤ **ADVICE FOR PARENTS, TEACHERS, AND AUTISTIC PEOPLE (54:39-1:07:48)**