

# Autistic Inertia

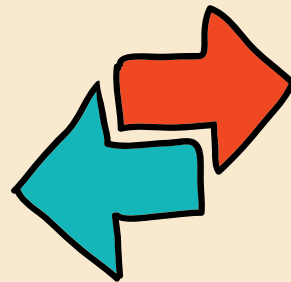
## What is it?



**Difficult starting  
tasks**



**Staying on one  
task**



**A struggle to  
change focus**



**Feeling stuck**

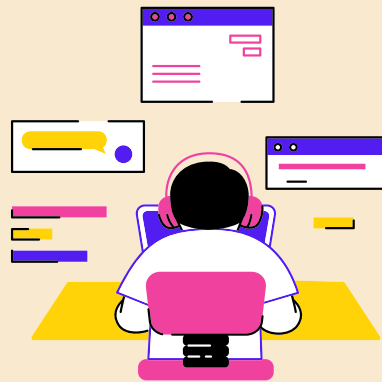


**Can use a lot  
of energy**

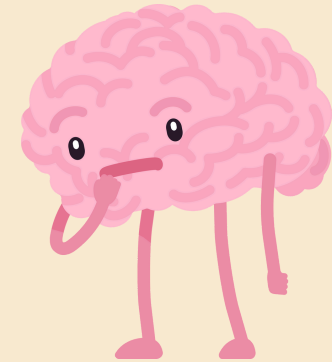
# What is it?



Going between  
energy states



Challenges around  
working memory



Related to monotropic  
thinking



Inertial rest



Deeply analysing  
something

# Causes



**Stress**



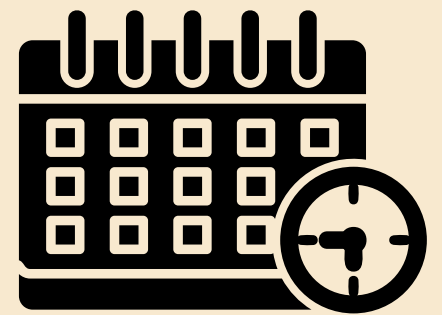
**Rumination**



**Demands**

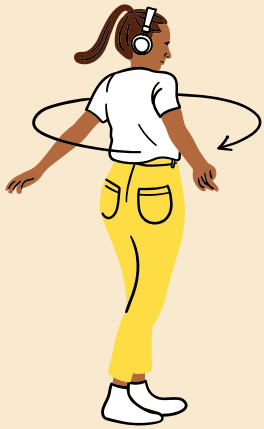


**Deep focus on a  
task/passion**



**Deadlines with  
tasks**

# Supports



**Movement time**



**Less transitions**



**Reducing demands**



**Self-compassion**



**Body doubling**

# Supports



**Time to  
recharge**



**Having  
prompts**



**Specific  
instructions**



**Learning  
about  
inertia**



**Understanding  
from others**

## **Autism: Innovations and Future Directions in Psychological research**

**“Participants expressed that other people often did not understand the magnitude of their issues. Others would assume that the failure to do a task was due to forgetting and would offer trivial solutions such as alarms and reminders.”**

**“External expectations of another person could not be easily substituted by artificially created structure or urgency using electronic or cognitive strategies (lists, alarms, reminders).”**

Emma Gowen, Laura Crane, Christine M. Falter- Wagner

# **“No Way Out Except From External Intervention”: First-Hand Accounts of Autistic Inertia**

**An Autistic-led study  
on Autistic Inertia**



<https://www.frontiersin.org/articles/10.3389/fpsyg.2021.631596/fullheading>

# Monotropism Resources

Monotropism Website -  
<https://monotropism.org/>

Monotropism Questionnaire -  
[https://stimpunks.org/monotropism-](https://stimpunks.org/monotropism-questionnaire/)  
[questionnaire/](https://stimpunks.org/monotropism-questionnaire/)

Monotropism & Transitions eBook -  
[https://www.autisticrealms.com/\\_files/](https://www.autisticrealms.com/_files/ugd/28af57_3e80e3eca7714daba1dd79330eefdf6a.pdf)  
[ugd/28af57\\_3e80e3eca7714daba1dd79](https://www.autisticrealms.com/_files/ugd/28af57_3e80e3eca7714daba1dd79330eefdf6a.pdf)  
[330eefdf6a.pdf](https://www.autisticrealms.com/_files/ugd/28af57_3e80e3eca7714daba1dd79330eefdf6a.pdf)