

What is alexithymia?

Alexithymia means

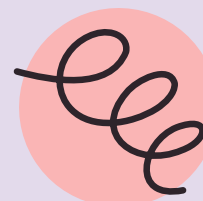
not having words for emotions.

Some Autistic young people may find it hard to notice, understand, and talk about their feelings.

Alexithymia is
not a diagnosis,



but **a way to explain
an experience.**



People with alexithymia may:



Find it hard to answer a question like **'how are you feeling?'**



Like talking about **factual topics** rather than emotional topics



Find it **hard to describe** what happened before and after meltdowns and shutdowns.

People can feel emotions in their bodies, such as a heavy feeling in the body can mean sadness. Sometimes these feelings in the body can be confusing and mean different things. For example, **a racing heart can mean anxiety or excitement.**



Sometimes when body feelings can't be named, it can be confusing.

It takes practice to learn how to name and talk about feelings.



Where to get help?

Speak to a trusted adult, such as a parent, guardian or teacher.