# ON A SPECTRUM: MAKING A MARK

# INTRODUCTION

Hello and welcome to this Asperger’s questionnaire! I’ll be creating an art exhibition that will provide a visual representation and insight into some of our Aspie attributes. The aim is to inform, educate and raise awareness, by getting people to think and engage in an art form that is more visual, abstract and open to interpretation.

Each painting will be a collaboration with other Aspies, who via this questionnaire, will help inform the art-making process by making marks in response to the questions asked. So, let’s tell our story.

Please note that there is no right or wrong answer when creating the marks. In fact; the less thought, the better!

The questionnaire should take around 20 minutes to complete.

Any questions or comments, feel free to contact me on mahliaamatina@gmail.com.

# 1. A BIT ABOUT YOU

***Firstly, let’s start with some questions so I can learn a bit more about you.***

**1.** Which year were you first diagnosed with Asperger’s? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** What benefits you the most about being an Aspie *(e.g. intense concentration)*? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** What is the most challenging thing about being an Aspie *(e.g. sensory issues)*? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** What’s your best survival skill that you’ve discovered and would like to share with other Aspies *(e.g. yellow tinted sunglasses in shopping centres)*? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**5.** Would you rather be an Aspie than a non-Aspie? Yes/No

# 2. WARM-UP

***Before we get into the main mark-making exercise, we’ll start with some warm-up questions.***

Below are a series of statements that you may have experienced. Please place a tick underneath the one image that you feel best relates to each statement. If you can’t relate to the statement, then feel free to leave it blank.

**1.a)** Places like supermarkets are so bright, loud and exhausting – the lights pulsate and the noise hurts my ears. I need a lie down after.

**1.b)** A routine is the best way to make sense of things and order my day and life. I have lists of lists and generally like to know what will happen; when and how.

**1.c)** When things change, they get out of control. I have to react in the moment and I don’t like that. It’s stressful and too much. I can’t handle it.

**1.d)** They asked me my opinion, so I gave it. An exact response to their specific question. I even clarified it. I don’t understand why people sometimes get upset with me…

**1.e)** Yes, I can remember Birthday dates and other important facts and details. But it’s really not hard, it’s something I do without thinking. It just stays in my head.

**2.a)** Below are some marks that fellow Aspies have created to represent how they feel in a world of largely non-Aspies. Which set of marks represent most closely how you relate to non-Aspies. Please pick one.

**2.b)** Have a go at making some marks that may more accurately represent how you feel as an Aspie in a world of largely non-Aspies.

# 3. MAKING A MARK

**In this section, you will be asked to make further abstract marks. A mark can be: a dot, line, shape, scribble, symbol, dash – anything that is non-literal. Please refer to the ‘Toolkit of Marks’, on the final page to see some examples. The marks you make can be as sparse or detailed as you like. When creating them, please consider the following: the number of marks you make, their size, angle, density - and the spaces inbetween them.**

***Again, this is entirely abstract, so there is no right or wrong answer. Simply go with what feels appropriate for you in relation to the question asked.***

Below is a list of attributes that we sometimes struggle with. Please identify four that you can relate to and draw some marks about. Please also write a short description of your issue and pick some colours that best represent the issue and what it feels like for you.

|  |  |  |
| --- | --- | --- |
| Experiencing Anxiety | Making & Keeping Friends | Socialising Issues |
| Persistent/Passionate about a Cause | Acute Sensitivity | Being Clumsy/Accident Prone |
| Poor self esteem | Understanding & Expressing Emotions | Shutdown/Detachment of Emotions |
| Impact of Change | Sensory Issues | Employment Issues |
| Depression | Rigidity/Structure | Unique Perspective  |
| Having Meltdowns | Relationship Issues | Creativity |

***EXAMPLE: I’ll do one as an example, to give you an idea of what I mean.***

Chosen Issue: rigidity/Structure\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Description: I plan all my activities and don’t like to leave things to chance. I structure and plan every minute detail. It helps me feel self-assured, ready and in control.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Associated Colours: sea blue, black lines, emerald green with bits of white.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**1.** Chosen Issue: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Description: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Associated Colours: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**2.** Chosen Issue: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Description: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Associated Colours: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**3.** Chosen Issue: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Description: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Associated Colours: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**4.** Chosen Issue: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Description: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Associated Colours: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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# 4. DEMOGRAPHICS

**1.** What is your gender? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** How old are you? \_\_\_\_\_\_\_\_

**3.** Which country were you born in? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

That is the end of the questionnaire! Thank you - your input is very valuable and will help shape the paintings and help tell our stories.

If you would like to be kept updated on this project, via email, please print your email address below: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dependent on the responses I receive, I may do a follow-up study to find out more. If this is the case, would you be happy for me to contact you? Yes/No

If yes, please leave me your email address or details of preferred method of contact: \_\_\_\_\_\_\_\_\_\_\_\_

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# Toolkit of Marks

Below are examples of different marks that can be made: