

Sometimes I Hate You But No One Else Can

1. **Many of us wrestle with feelings that we “shouldn’t have” about our autistic brothers and sisters.** We feel guilty about our negative feelings, as we try to balance them with our knowledge that they are vulnerable and cannot always help the things they do. **But the feelings we feel are still important to acknowledge.**
2. It can be frustrating when there are **different rules for ourselves and our sisters and brothers** or when we realise that **we put up with things from them that we wouldn’t accept from other people.** We may feel guilty about setting boundaries but also feel resentful about the level of work that we put in.
3. Sometimes **it can be difficult to tell who or what we are angry with:** ourselves, our brothers and sisters, “autism”, the situation, or our other family members (and the boundaries that each of them does or does not set).

We talked about strategies for how we cope with those feelings:

4. Journaling - even if it’s just swear words and scribbles! (It doesn’t have to be pretty.)
5. Speaking to a Counsellor or Therapist - even if it takes a few tries to find someone who gets it. Sibs has [advice on finding a counsellor here](#).
6. Exercise - getting our bodies moving can feel productive (when we aren’t making progress on other fronts) and even a change of scenery can be a big help.
7. We find humour in the situation. (Sometimes you have to laugh or else you’ll cry.)
8. Pets are not only adorable (and a great source of distraction) but can also be a huge help in regulating our brothers and sisters!
9. Attending Sibs groups and talking with other people who “get it”. Our more negative feelings about our sisters and brothers can feel like a particularly delicate topic - and may not be one we feel comfortable discussing with all of our friends.
 - a) It can involve too much explaining. Because so many people don’t have a concept of autism that looks like our experience.
 - b) Our friends may jump to defend us - and then we find ourselves defending our siblings when what we want is a cathartic moan.
10. We spend time with friends who help us take our mind off things.

Relevant TV clip: Dinosaur (episode 1.5, 20:00-20:30). [Click here to watch on BBC iPlayer \(TV licence needed\)](#)