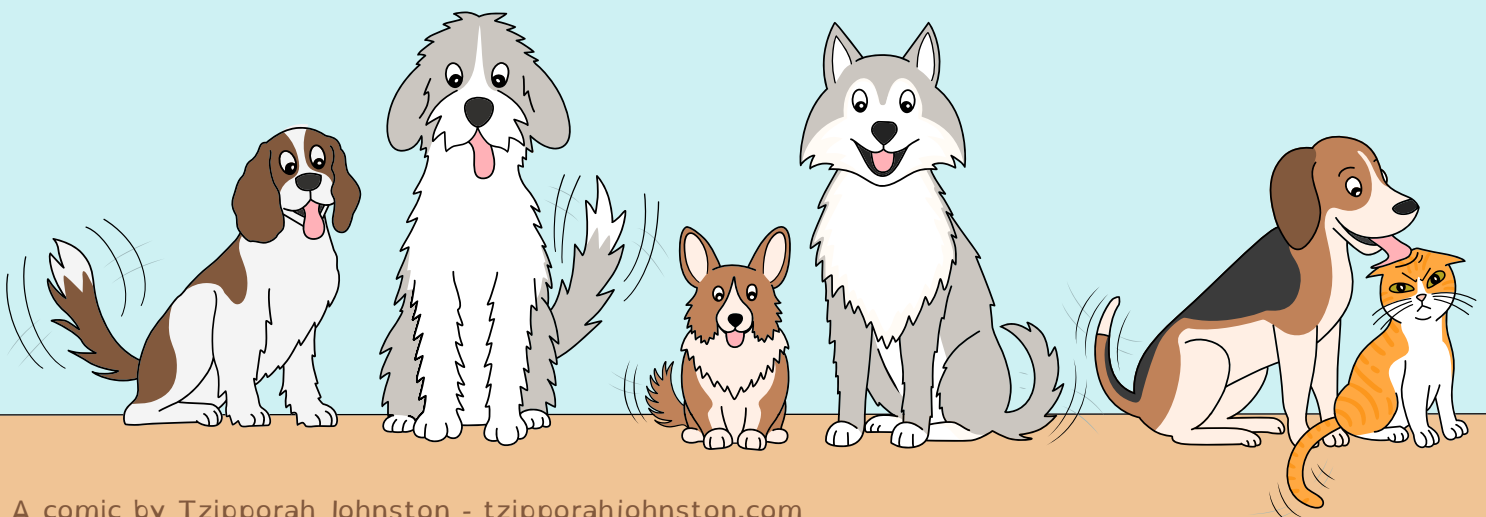


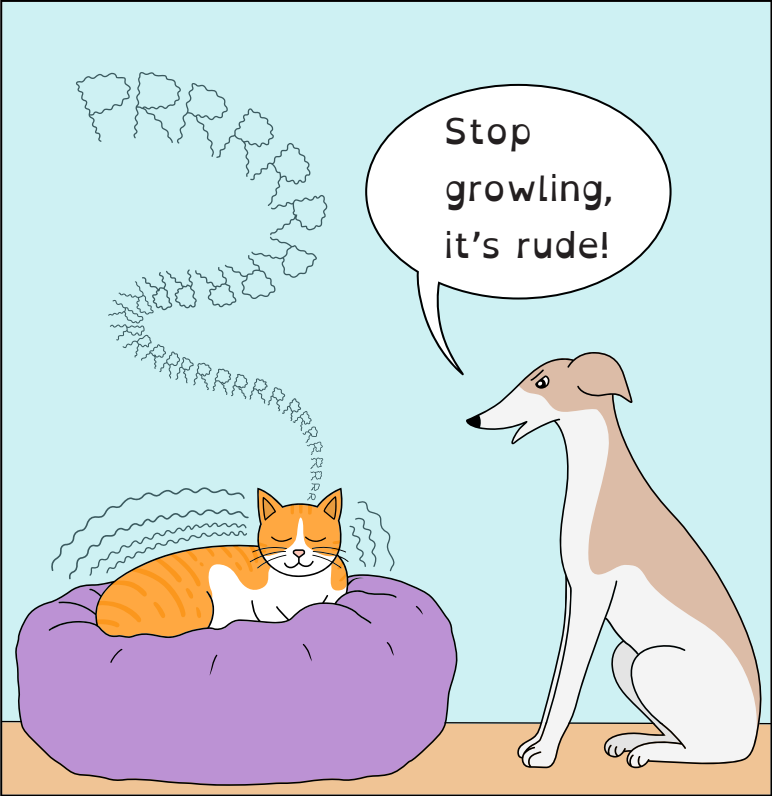
# Explaining the Double Empathy Theory



Being autistic often feels like being a cat stuck in a world full of dogs



The world is too loud, too intense, and it feels like you're speaking a different language from everyone else

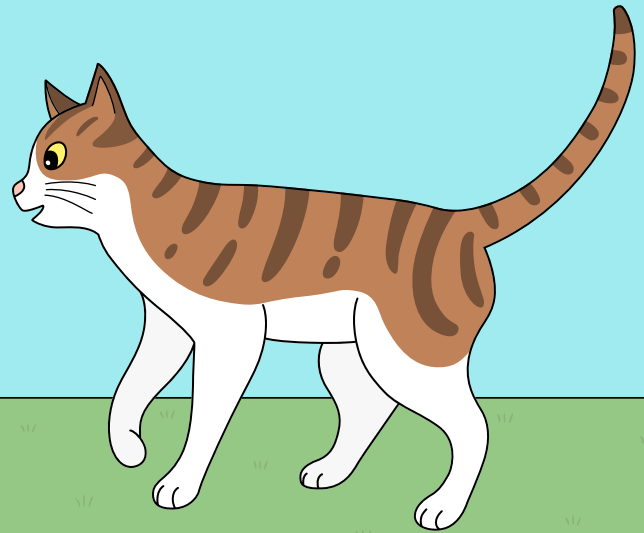


The world tells you that you're the problem, that you need to fit in



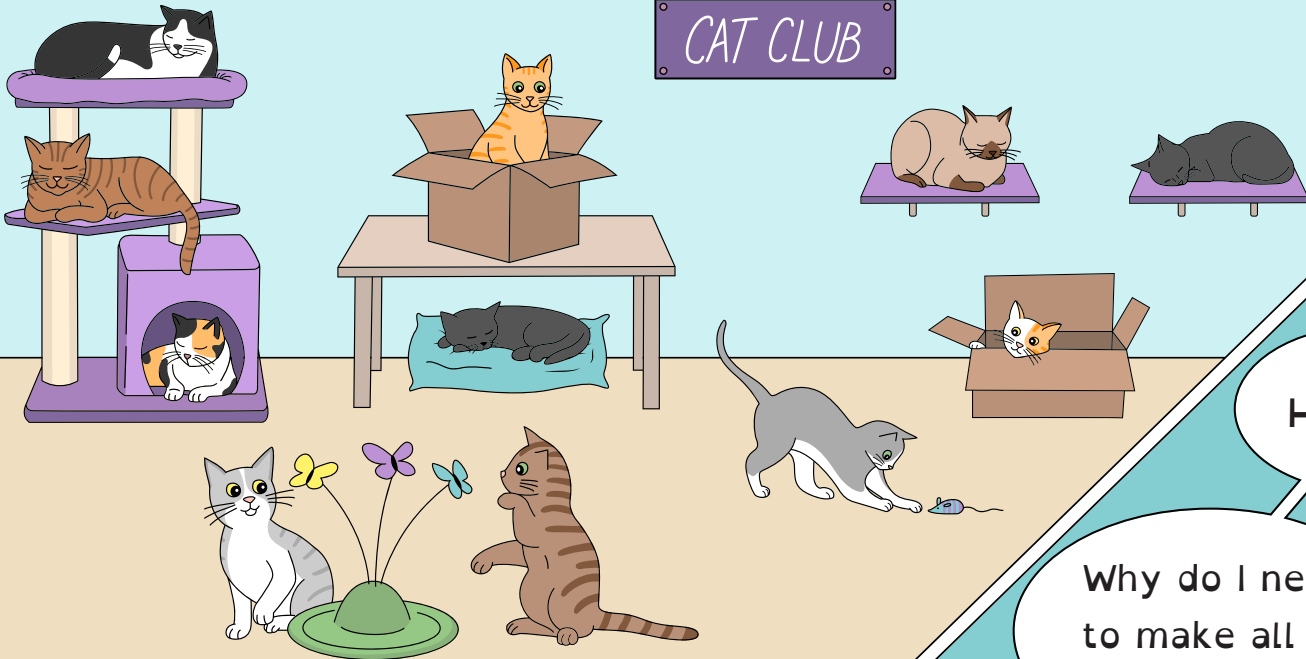
But maybe you're not just a rubbish version of a dog

Psst... I know a place



Maybe you're actually a perfectly good cat

CAT CLUB



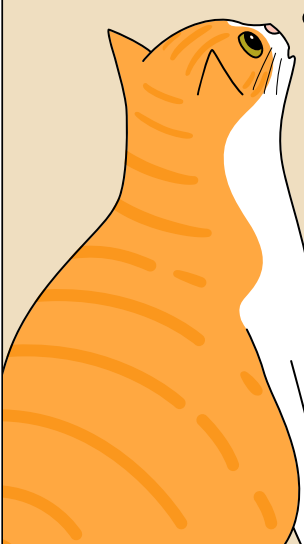
Hold up

Why do I need to make all the effort?

How come I always need to be more dog?

Holy litter box, this is amazing

Why couldn't you try being more cat?

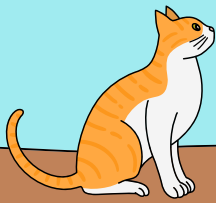
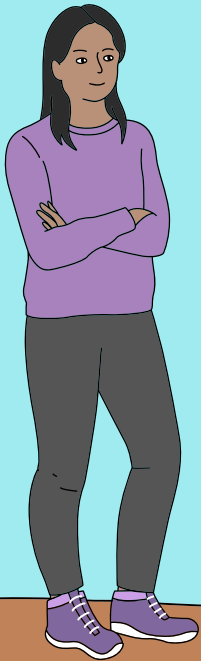


Cats and dogs, or autistic and non-autistic people, have different life experiences and forms of social communication, which makes it harder to understand and empathise with each other - this is called the **Double Empathy Gap**.

Perspective-taking is a two-way process, and both sides have a responsibility to try to understand and empathise with the other.

Autistic people might find it harder to:

- Understand non-autistic people
- Communicate their perspective to non-autistic people
- Filter out sensory stimuli



Non-autistic people might find it harder to:

- Understand autistic people
- Remember their perspective isn't the only one
- Imagine autistic people's sensory world



Cats and autistic people aren't wrong, they're just different. Both sides need to make the effort to bridge the gap

