

## Understanding Loss and Changes to Routine in a New Light

By Katherine Gallagher

One of the biggest indicators of having autism is the inability to integrate sudden changes to our daily routines. I recently experienced the loss of my cat, Silver. She was 15 and died last week. This sudden loss and change in my life have felt very overwhelming but also traumatic. Silver was a big part of my life and I adopted her many years ago because I knew that having a pet would be a big accommodation and benefit of living on my own.

Now that she is gone, it has made such an impact in my daily life. I find I must work harder to stay on task in my job and daily responsibilities. Before the loss of Silver, I managed to succeed in my daily routine because I knew Silver would be there for me if something stressful happened. Now that she has gone, trying to focus on those same daily commitments is even harder because there is a massive void. Not having her around is a huge change.

I feel like autistics can be so caught up in a loss or any change to our daily routine that we get sucked in by that loss or change. Like we are a vacuum with a powerful force we are powerless, and it is even harder to get out and away from that suction pressure that we feel. You could say that the pressure from the vacuum is like the emotions we feel towards the change in our daily routine. We also then feel that trying to set up a new plan of how we are going to move forward, along with that huge pressure, is scary.

For me, it is like I am a vacuum with the power button turned on all the time. This is what keeps me feeling stuck and so overwhelmed. That is the effect of the loss and grief or change to our daily routine. It is a never-ending, immersive process. That is the way I see it.

On the upside, though, for those of us that are aware of these strong feelings, it may lead us into uncovering new ways of doing things or maybe even lead us spiritually, if that is something, we feel helps us. For me, trying to make myself see that change can happen whenever and however it pleases is an ever-evolving process. And the best thing I can do is learn to become more flexible with that. You can also try and rephrase these experiences from “Why has this happened to me” to “I am glad that pet / or person has passed because they are no longer suffering and are in a better place” Or “This was meant to be”.

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### About the Author

I created this [Website](#) to express my unique autism perceptions. I share my insights and resources here as a person with lived experience. I encourage you to read my [About Me](#) and [Portfolio](#) pages. Or the [What is Autism](#) page for a more in-depth definition.

Autism is very unique and complex. Each person experiences autism differently. My opinions and information are expressions about myself and my experiences. Perception means the ability to see things. It is the ability to become aware of something through the senses. Autism has given me a unique reality and open mind. I believe it is important for others to have their own unique perceptions as individuals on the autism spectrum.

Visit Katherine's Website at <https://spectrumexpressions.news.blog/>

