

Intuition

By Vicky McGrath

Have you ever walked into a room full of people and “felt” the mood was “off”? Or when you were making a decision, you just “went with your gut”? Have you ever had a sudden insight, or “pictured in your mind” something before it physically materialized? Have you ever had a “hunch” about something and then it happened? Of course, you have! We all have. These are common ways we describe our intuition and it’s why we can perceive, or sense, other people’s energy, including feelings and thoughts. And believe it or not, we all use our intuition to guide our decision-making every day. At this point, you may be asking yourself, what on earth does being on the spectrum have to do with intuition!? Autism is characterized by, among other things, challenges with communication, including difficulty communicating in a “typical” way with others. After years of getting information through pictures in my mind, feeling things “in my gut” and “just knowing” information as words entered my mind, I came to understand that other people don’t rely on intuition as much as I do. In a world where communication is only considered normal through the physical senses, using intuition is not widely understood or accepted. As a child, when someone asked me why I was saying something and I couldn’t explain it, I would say “oh, you know” which was a serious frustration to others who really did not know!

It’s my opinion that people with autism are using their intuition to inform their understanding of the world more than typical people and this makes it a challenge for typical people to understand how the person with autism came to a decision, solution or came up with an idea. Have you found this to be true for you or your loved one on the spectrum?

About the Author

Vicky McGrath is a wife, mom, and business owner and was diagnosed with ASD in 2019, at 50 years of age. Vicky has an undergraduate degree from Trent University and a master’s degree from Cambridge University. Vicky spent 20 years in the government sector in the environmental field before making the jump to business ownership. Currently, she is owner of a private home care company, caring for elderly clients in the safety of their own homes and also a professional speaker.

Vicky is also a runner and triathlete, having completed several marathons, half marathons and triathlons including half Ironman and three full Ironman triathlons. It was during a long training ride in 2006, before her (not to be) third Ironman that Vicky crashed her bicycle, broke some ribs, punctured her lung and sustained a concussion and launched her path of self-discovery, resulting in her autism diagnosis in 2019.



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