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Exposure Anxiety: The Invisible Cage describes the condition and its underlying

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physiological causes, and presents a range of approaches and strategies that can be used to combat it.

Based on personal experience, the book shows how people with autism can be shown how to emerge from the stranglehold of exposure anxiety and develop their individuality.

**Exposure Anxiety -
The Invisible Cage:**

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An Exploration of ...

Exposure Anxiety: The Invisible Cage: An Exploration Of Self-Protection Responses In The Autism Spectrum And Beyond describes the condition and its underlying physiological causes, and presents a range of approaches and strategies that can be used to combat it.

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Exposure Anxiety - The
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Exposure anxiety is
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understood as a
crippling condition
affecting a high
proportion of people on
the autism spectrum.

To many it is an...

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**Exposure Anxiety -
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Exposure Anxiety is an 'Invisible Cage' that challenges the person to either side with it and identify self with their own compulsive self protection responses. There's is considerable overlap between Exposure Anxiety and conditions such as Pathological Demand Avoidance ...

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The Invisible Cage of
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Exposure anxiety is increasingly understood as a crippling condition affecting a high proportion of people on the autism spectrum. To many it is an invisible cage, leaving the person suffering from it aware, but buried alive in their own involuntary

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responses and

isolation. Invisible Cage An

Exploration Of
Exposure Anxiety -

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book by Donna ...

"'Exposure Anxiety' is
an involuntary social-

emotional self-

protection response

that is increasingly

understood as a

crippling condition

affecting a high

proportion of people on

the autism spectrum.

To many it is an

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invisible cage, leaving the person suffering from it aware, but buried alive in their own instinctive responses and isolation.

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protection responses in

the autism spectrum

and beyond. [Donna

Williams] -- Exposure

anxiety is a crippling

condition affecting

many people on the

autism spectrum.

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invisible cage : an
exploration of ...

In 2003 I wrote the first full book on Exposure Anxiety. Published in 2003, Exposure Anxiety; The Invisible Cage of Involuntary Self Protection Responses, is the first ever text book by a person diagnosed with autism specifically focusing on co-morbid anxiety and impulse

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control disorders
effecting those on the
autistic spectrum. It
offers an innovative
new approach to
working with some of
the most challenged
people on the autistic
spectrum.

Exposure Anxiety & Autism | Paul Isaacs' Blog

If so it is possible that
he suffers from
Exposure Anxiety (EA);
a condition which was

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identified by Donna Williams in her book *Exposure Anxiety—The Invisible Cage*.

Although the roots of this problem are complex it is similar but far more severe than social anxiety disorder.

Autism and Exposure Anxiety. Don't look at me! - Autism ...

Exposure Anxiety: The
Invisible Cage

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describes the condition and its underlying physiological causes, and presents a range of approaches and strategies that can be used to combat it.

Based on personal experience, the book shows how people with autism can be shown how to emerge from the stranglehold of exposure anxiety and develop their individuality.

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**ASPERGER'S
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Self Protection

Exposure Anxiety (EA)
is the involuntary self
protection responses of
compulsive avoidance,
diversion, retaliation.

**Exposure Anxiety in
autism-spectrum
conditions - Autism
Today**

Polly Samuel (aka
"Donna Williams")

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Author, Artist, Autism
Consultant. RIP Polly An
Samuel (aka Donna
Williams) - 1963-2017

Donna Williams: Front Page

2003, Donna Williams,
Exposure anxiety —
the invisible cage:
Chair was not a
picture, it was a felt
shape, slappable,
which didn't bounce
back, with one kind of
acoustic for molded
plastic, another for

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