

Subtle ways that echolalia and palilalia show up in everyday conversations

Echolalia and palilalia are both types of verbal communication & stimming that autistic people often engage in.

Echolalia is the repetition of words or phrases that someone else has said, while palilalia is the repetition of words or phrases you've said.

Echoed words and phrases can turn into/create scripts, which are pre-formed, organized sequences and sentence patterns. Many scripts involve conversations with other people.

When I was younger, my echolalia and palilalia were more obvious. I would repeat nonsense phrases that I found amusing, and my parents had no idea what the phrases meant, why I was laughing so hard at myself, or why I kept repeating things.

My echoes are less random and obvious now, but I definitely still use both echolalia and palilalia to help me form scripts to use during conversations.

By far the most frequent type of echolalia I do is **repeating funny things that other people have just said**. I do it in a slightly exaggerated tone that makes it clear I'm amused. This seems to be quite socially acceptable and it usually makes everyone laugh harder.

Another frequent type of echolalia I do is **reciting excerpts from vines, memes, and viral audio clips**. I do this in contexts where it makes sense, as a way to add humor to various situations.

Sometimes I repeat back single words that other people have said, if I find the sound of the word interesting and unusual, or if I find the context amusing.

Most of my echolalia is centered around humor, and it actually helps me connect with people because they realize that I'm listening closely and I appreciate the words they're saying.

My palilalia is more centered on scripts than on humor, at this point in my life. **Sometimes my palilalia comes in the form of repeated sentence structures & words**, which makes it easier to communicate.

Other times, my palilalia shows up when I'm flustered and overwhelmed. I might repeat the same thing over and over again, even if the person I'm talking to already understands me. When I was younger and had violent meltdowns, I would often yell one phrase over and over again.

Both my echolalia and palilalia become more obvious when I'm overstimulated and have trouble formulating new, original sentences. However, my echoes and scripts aren't necessarily as obvious as many other autistic people's echoes and scripts, even when I'm overwhelmed.

There are many autistic people who are semi-verbal, who speak mostly in echolalia and palilalia. **Their words are not less meaningful or important just because they're echoed. In fact, echoed phrases, when applied in different situations, often have very poetic and original meanings.**

Echolalia and palilalia make communication easier. They're also ways to connect with other people through humor and common cultural references. Autistic communication styles are *different, not less!*

~Eden 🐸