

## “Who/What Is That?”

One of the benefits of disconnecting from popular media, TV, and mainstream culture is that you can use your **feigned ignorance** (or *perceived autism*) as a way to gracefully exit boring conversations.

When you're not tuned into the endless stream of trending topics, celebrity gossip, or the latest shows, you can respond with a simple “Who?” or “What is that?” This genuine detachment not only keeps you mentally free but also serves as a natural filter, steering you clear of conversations that don't serve you.