

Questions to ask yourself if you think you might be autistic:

1. Did you learn to speak either very early or unusually late?
2. Did you learn to walk unusually late?
3. When you were younger, did you have “temper tantrums” or outbursts past the age that you were “supposed” to be having them, to the point that it was socially unacceptable?
4. Did you have trouble learning things like tying your shoes and riding a bike when you were a kid?
5. Were you bullied or socially isolated by classmates in your early childhood and elementary years?
6. Were you bullied or socially isolated by your classmates in your middle school and high school years?
7. Do you often wear the same things every day, such as one jacket or one pair of shoes that you wear constantly?
8. Do you often eat the same things every day, or get fixated on certain foods but then get sick of them and move on to something else?
9. Do you get anxious when you don’t know what to expect in a given situation, more so than other people?
10. Do you find it difficult to handle loud noises, bright lights, strong smells, and large crowds?
11. Do you find yourself becoming easily disoriented in large open spaces with stairs, like sports arenas and stadiums?
12. Do you often pick up on details in your environment that other people don’t notice?
13. Do you pick up on patterns in your environment that other people don’t notice?
14. Do you find it difficult and exhausting to make small talk with people you don’t know?
15. Do you find it difficult or uncomfortable to make prolonged eye contact with people you don’t know well?
16. Do you often do the same things with your body over and over again, like bouncing your leg, fiddling with a pencil, biting your nails, cracking your knuckles, or tapping your fingers on things?

17. Do you have an extreme and unusual passion for a specific subject that you feel compelled to learn everything about, and tell other people about?
18. Do other people often tell you that the way you speak is overly formal, or that you have an unusual affect?
19. Do you often find yourself confused in social situations, unsure of what the “correct” thing to do is?
20. Have you felt like a social outsider your whole life, like you wanted to fit in but never knew how?
21. Have you made friends with autistic people, more easily than you make friends with neurotypical people?
22. Do you get freaked out and thrown off by sudden changes in routine, even if they’re minor?
23. Do you find it extremely difficult or impossible to process what people are saying when multiple people are talking to you at the same time?
24. Do you find yourself getting “stuck” on certain thoughts or behaviors, and being unable to let go of them/ stop doing them?
25. Do you find yourself watching other people to observe how they’re interacting with each other, then consciously mimicking/mirroring what you see, in order to make sure you’re saying/doing things that are “socially appropriate”?
26. Do you often get confused about whether or not someone is joking/being sarcastic, especially if they delivered what they said in a flat tone of voice?
27. Do you have trouble managing & completing everyday tasks like brushing your teeth, showering, doing laundry, etc. without help or reminders?
28. Do you feel like your cognitive/intellectual skills are much higher than your practical, everyday living skills?
29. Have you often been referred to by others as “sensitive,” “weird,” “strange,” or “dramatic”?
30. Do you have habits that others deem inappropriate for your age?

If you answered yes to 15 or more of these questions, please consider speaking with your doctor or another health professional about the possibility of being evaluated for autism.

This list of questions is not intended to give you a professional diagnosis, and I am not a licensed psychologist. I cannot diagnose you. However, these are some traits that are very common in autistic people, and if you think you fit these characteristics, it's probably a good idea to do some more research and talk to your doctor about being evaluated.

We get a lot of messages and DMs from people who are wondering if they're autistic because they relate to a lot of our posts. We can't give you a definitive answer, but we can give you guidance. Do your research, consider alternatives, make lists, read over the diagnostic criteria, back up your feelings with evidence, and trust your gut.

Professional diagnosis is not accessible to all people, and we understand that. Not everyone has health insurance that will cover the cost of an evaluation. Waiting lists can be long. There may be other barriers in the way. Some people may be denied access to an evaluation by doctors or psychologists who aren't educated on autism. Some people may be evaluated and told they have "autistic characteristics" but don't meet the full diagnostic criteria.

Whatever your situation is; whether you're professionally diagnosed or whether you've done a ton of research and are self-diagnosed, we welcome you to the autistic community. And if it turns out that you're not autistic, that's totally great, too! We welcome you as an ally.

~Eden 🐸