A PAUSE, A PRACTICE, A NEXT STEP

Autism Spectrum Disorder (ASD)

Find support that fits the way you experience the world.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What makes one daily task easier?

Try a written plan, a quieter space, or extra time to respond. Ask the person which they prefer.

01 / Notice and reflect

What makes one daily task easier?

02 / Notice and reflect

What would you like others to know?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask a healthcare professional about an evaluation or supports if communication, sensory needs, or daily routines are difficult.

Read more: National Institute of Mental Health · Autism spectrum disorder

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.