

Potential Signs of Autism

- Physical
 - A very high pain tolerance.
 - Holding eye contact makes me extremely uncomfortable.
 - My body is floppy and my joints pull apart easily.
 - Feeling physical pain from loud noises.
 - Avoiding being touched.
 - Being clumsy. Spilling things. Accidentally cutting myself.
 - Eating
 - the same thing every day.
 - Rituals, like eating things in the same order, by color or by preference.
 - Smelling food before I eat it.
 - Needing various foods to be in proportion to one another.
 - Different types of food shouldn't touch.
 - Wiping my hands and mouth between every bite.
 - Taking tiny sips.
- Communication
 - Having no filter. Saying inappropriate things.
 - Taking things literally.
 - Black and white thinking.
 - Anecdotal communication, and being surprised when that annoys people.
 - Telling the truth
 - Randomly talking with an accent.
 - Talking nonstop.
 - Writing words with my fingers.
 - Reading signs out loud.
 - Confusion
 - When getting too many instructions at once.
 - When someone talks too fast.
 - Having a million thoughts per minute.
 - Not getting jokes.
 - Not knowing my left from my right.
 - Being unable to explain things.
- Emotions/Character
 - Meltdowns, or inability to regulate emotions.
 - Feeling misunderstood or alienated.
 - Being rattled when someone invades your personal space.
 - Enjoying/preferring being alone.
 - Extreme integrity.
 - Respecting deadlines and/or being on time.
 - Uncanny memory for dialogue or license plates or combinations.
 - Organization
 - Planning everything out in minute detail, in advance, including conversations.

- Stress when plans change.
 - Needing everything to be in its place.
 - Analyzing outcomes and anticipating consequences.
 - Difficulty with spontaneity.
 - Being obsessed with or feeling the need for symmetry
 - Keeping spreadsheets or files.
 - Curiosity
 - Finding everything interesting and wanting to learn more.
 - Doing extensive research.
 - Noticing tiny details that others overlook, picking out patterns others don't see.
 - Persistent Demand Avoidance.
 - Being unable to do something when someone asks me to.
 - Easily overwhelmed by increased demands.
 - Losing enthusiasm for a project once it's a requirement.
 - Masking/Fitting in
 - Being exhausted by having to do it.
 - Faking enthusiasm.
 - Attempting to vary my voice tones.
 - Trying to figure out what my facial expression should be.
 - Trying to determine the appropriate body language.
- Repetition/Stimming/Self-soothing
 - Watching the same movies over and over.
 - Circular movement is either calming or so stressful that it needs to be "unwound."
 - Hands have to be doing something.
 - Feeling the need to touch things.
 - Being highly susceptible to earworms.
 - Repeating phrases, songs, or words over and over again
 - Flexing certain muscles in time to music.
 - Counting things.
 - Steps between objects.
 - Signs I pass on the way to work.
 - Telephone poles.
 - My steps when I take a walk.
 - The number of stairs.