

Autism Symptoms in Adults Checklist

Your full name:

Date submitted:

Instructions: If you're reading this, that means you're an adult curious about whether or not you have Autism Spectrum Disorder. Below is a list of signs and symptoms of the disorder. Please tick the statements that apply to you. We'll use this as groundwork to kickstart a comprehensive examination and see if you have ASD.

- I find it challenging to join conversations
- I speak in a flat, monotone voice
- I tend not to speak most of the time
- I find it difficult to relate to other people's emotions and experiences
- I find it difficult to relate to or understand people's thoughts
- I tend to use repetitive language
- I have a hard time reading body language
- I have a hard time reading emotions
- I have a hard time reading physical social cues
- People have told me that they have a hard time knowing what I think
- I tend to dominate conversations
- I tend to provide excessive information about things I like or love
- I find it challenging to engage in a two-way conversation
- I don't make eye contact when I converse with others
- I have a hard time making small talk with others
- I have trouble understanding idiomatic expressions
- I am told that I'm pretty blunt when describing/assessing others
- I have my own set of unique phrases and descriptive words
- I find it hard to build relationships with others
- I find it hard to maintain relationships with others
- I noticed that I make gestures when conversing with others
- I'm told I make certain faces that are "unusual" from time to time

- I'm told that I don't recognize personal space
- I'm told that it feels like I'm in my own world while conversing with others
- I'm told I speak too softly or too loudly
- I have a hard time detecting sarcasm
- I have a hard time interpreting non-verbal social cues
- I tend to avoid interacting with people in my age group
- I tend to avoid interacting with people outside my age group
- I have an unrealistic view as to what friendship should be
- I have trouble collaborating with others
- I'm told that I can be rude even though I go out of my way not to be
- I'm not good at reading "unwritten rules"
- I have trouble changing my behavior depending on social situations
- I often get taken advantage of
- I'm gullible
- I get stressed when there are sudden changes that impact my routine
- I get flustered or upset when something unexpected happens
- I like to keep my desk or room arranged in a certain way
- I get stressed when someone rearranges my desk or room
- I'm told I make noises during times when I'm supposed to be quiet
- I have rituals that I must do on a regular basis
- I have a hard time multitasking
- I react strongly to sensory stimuli
- I don't react to sensory stimuli
- I have an intense obsession for my interests, and this obsession interferes with my daily life
- I sometimes do the same activities repeatedly
- I'm too knowledgeable about obscure topics
- I'm told I have an unusual attachment to certain objects
- I become repulsed when hugged, held, or touched
- I notice things that others can't

ADDITIONAL NOTES: