**Autism Spectrum Disorder (ASD) Self-Screening Worksheet**

**Introduction**

Welcome to the Autism Spectrum Disorder (ASD) Self-Screening Worksheet—a comprehensive tool designed to help you reflect on and evaluate aspects of social communication, sensory sensitivities, and routine-based behaviors. This worksheet is inspired by established instruments such as the Autism-Spectrum Quotient (AQ) and is intended for adults who wish to explore whether certain traits and behaviors associated with ASD resonate with their personal experiences. Autism Spectrum Disorder is a neurodevelopmental condition characterized by differences in social interaction, communication, and a tendency toward repetitive behaviors or specific interests. It is important to understand that autism exists on a spectrum, meaning that the presentation can vary widely from person to person. Many adults may have developed effective coping strategies over time, yet still find that subtle challenges in communication, sensory processing, or flexibility affect their daily lives.

This self-screening tool is meant to promote self-awareness and provide a starting point for further exploration. It is not a diagnostic instrument, but rather a guide to help you reflect on behaviors and traits that you might find relevant. As you work through the questions, you are encouraged to answer honestly and to use the reflective prompts to jot down personal examples or insights. These reflections can be valuable if you decide to discuss your experiences with a healthcare professional. Remember, seeking greater understanding of your unique cognitive and sensory profile is a courageous and important step toward self-acceptance and empowerment.

**Instructions**

For each of the following 20 questions, please indicate how well the statement describes your experience or behavior. Each question offers multiple-choice options on a Likert-type scale, followed by an open-ended reflection prompt. Select the option that best reflects your experience, then take a moment to write down any additional thoughts or specific examples that come to mind. Use the following scale for the multiple-choice items:

* **0** – Not at all / Never
* **1** – Rarely
* **2** – Sometimes
* **3** – Often
* **4** – Very often / Always

There are no right or wrong answers—this worksheet is for your personal reflection and self-awareness. Please answer based on your experiences over the past several months.

**Questions and Reflections**

1. **I find social interactions challenging, particularly when it comes to interpreting nonverbal cues such as facial expressions or body language.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Describe a situation where you felt uncertain about someone’s unspoken signals. How did you handle it?
2. **I prefer clear, direct communication and sometimes struggle with ambiguity in conversations.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Can you recall a time when indirect language or hints caused confusion? What would have helped clarify the message?
3. **I have specific routines or rituals that I follow, and deviations from these routines can be very distressing.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Describe one of your routines. How do you feel when you are forced to change it unexpectedly?
4. **I am highly sensitive to sensory input, such as loud noises, bright lights, or certain textures.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* What sensory experiences do you find most challenging? How do they affect your daily activities?
5. **I prefer to spend time alone or with a small, familiar group rather than in large social gatherings.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on your social preferences. How do you feel in large group settings compared to smaller, more intimate interactions?
6. **I often find it difficult to initiate or maintain conversations, particularly with strangers.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Share an example of when starting a conversation was challenging. What strategies have you found helpful, if any?
7. **I have intense interests in specific topics and may focus on them for extended periods.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Describe one of your special interests. How does it influence your daily life or social interactions?
8. **I sometimes struggle to understand humor, sarcasm, or idiomatic expressions.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Think of a moment when a joke or sarcastic remark was confusing. How did you respond?
9. **I prefer predictable environments and find changes or surprises unsettling.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on a recent unexpected change. How did you cope with it, and what would have made the transition easier?
10. **I sometimes have difficulty processing and responding to rapid-fire conversations or multiple simultaneous stimuli.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Describe a scenario where too much stimulation affected your ability to respond. What strategies did you use to manage the situation?
11. **I often feel that others do not understand my perspective or the way I experience the world.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Share an experience where you felt misunderstood. How did it make you feel, and what did you do about it?
12. **I am highly detail-oriented and may notice small changes in my environment that others overlook.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Provide an example of when your attention to detail was particularly useful or, conversely, when it felt overwhelming.
13. **I find it challenging to adapt quickly to new social or professional settings.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Think about a time when you had to adjust to a new environment. What made the transition difficult, and what helped you cope?
14. **I may have a unique way of processing information, which can sometimes lead to misunderstandings with others.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Reflect on how your processing style differs from those around you. How do you communicate these differences when needed?
15. **I am sensitive to criticism and may take feedback very personally.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Describe a time when criticism felt particularly challenging. How did you process and respond to it?
16. **I tend to prefer written communication (e.g., emails, texts) over face-to-face interactions.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Consider how written communication has helped or hindered your interactions. What are the benefits or challenges you’ve experienced?
17. **I may engage in repetitive behaviors or have specific routines that help me feel more secure.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Describe one or more behaviors or routines that you rely on. How do they support your sense of stability?
18. **I sometimes experience difficulty understanding or expressing my own emotions.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Reflect on how you identify and communicate your emotions. What challenges have you encountered in this process?
19. **I find comfort in solitude and use it as a way to recharge after social interactions.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Share how alone time helps you manage sensory or social overload. What activities do you find most restorative?
20. **I appreciate structure and clear expectations in both my personal and professional life.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Describe how having clear routines and expectations affects your stress levels and overall well-being. What adjustments have helped you feel more secure?

**Scoring Your Assessment**

Add your scores for each of the 20 questions to determine your overall self-screening score. While there is no definitive cutoff in this worksheet, a higher total may suggest that traits associated with ASD are present and that further exploration could be beneficial. Reflect on which areas you scored highest and consider how these might be impacting your daily interactions, sensory experiences, and need for structure.

**Reflection:**  
Review your total score alongside the personal reflections you’ve recorded. What patterns or themes emerge? Which specific areas do you feel most aligned with, and how might these insights inform your next steps in seeking support or further evaluation?

**Next Steps and Further Resources**

Understanding your unique profile is a crucial step in embracing who you are. Whether or not this self-screening resonates with you, it can serve as a starting point for deeper self-exploration. If you find that many of these questions reflect your experiences, or if you have concerns about your social communication, sensory sensitivities, or adherence to routines, you may benefit from further evaluation by a professional.

Our website offers a comprehensive array of resources to support your mental, emotional, and even spiritual health. We encourage you to explore related tools such as:

* **General Emotion Worksheets:** Explore how emotions and sensory experiences intersect with your daily life.
* **Emotional Regulation Workbook:** Learn strategies for managing intense feelings or sensory overload.
* **Coping Skills Toolbox:** Discover practical methods to manage unexpected changes or social demands.
* **Building Emotional Resilience:** Enhance your ability to navigate challenging situations with confidence.
* **Releasing Emotional Baggage:** Find techniques to let go of patterns that no longer serve you.

Additionally, you can access educational articles, guided practices, and curated reading lists that offer further insight into autism, self-advocacy, and supportive strategies for daily living. These resources are designed to empower you with knowledge and practical tools as you continue your journey toward self-understanding and acceptance.

**Disclaimer:**  
This self-screening worksheet is intended for informational and self-reflection purposes only. It is not a diagnostic tool. If you have concerns regarding Autism Spectrum Disorder or believe that you may benefit from a formal evaluation, please consider consulting a qualified healthcare provider or specialist in neurodevelopmental disorders.

Take your time with these reflections, and remember that understanding your unique strengths and challenges is a powerful step toward self-acceptance and growth. Every insight you gain is a step toward a more empowered and fulfilling future.