**Autistic traits In women and Girls**

(adapted from Christine Lion)

Remember we are all different and these are just traits. Answering yes to several of these might indicate an overall autistic profile. If you recognize quite a few of these you might start to have a lightbulb moment where things start to make sense!

1. Have you always felt like you don’t fit in with your peers?
2. Did you tend to spend time with either much older or much younger kids when you were young, or even with adults only?
3. Do you prefer socialising with only one person instead of in a big group?
4. Are you exhausted after a day surrounded by other people and need to spend time alone to recuperate?
5. Do you change the way you speak according to the person you’re talking to, for example by mimicking dialect or posture?
6. Do people often feel offended by something you said, or do they consider something you said to be rude?
7. Have you spent time reading about socialising and body language?
8. Do you often realise after you have said something that the other person might have misunderstood you?
9. Do you replay conversations in your head either before or after they happen?
10. Do you feel like you have no or very few close friends?
11. Were you ever bullied or teased when you were younger?
12. Do you dislike asking for help at school, work or in your personal life?
13. Do you feel like you’re only able to socialise with a drink in your hand?
14. Do you pay more attention to things than to people?
15. Do you often want to leave a social setting to do something else?
16. Do other people think you’re weird or eccentric?
17. Do you hate conflicts but still tend to get angry at people?
18. Do you feel like you need to fake it all the time to fit in socially?
19. Do you have one or several very strong interests (they might change frequently or stay the same all the time)?
20. Do you collect things?
21. Do you hate small talk?
22. Do you think other people’s conversations are boring but light up if you can talk about a topic you’re interested in?
23. Do you often not understand when people get bored by talking to you?
24. Are you upset if plans are cancelled or changed at short notice?
25. Do you eat a certain type of food each day for breakfast or other meals for months or years at a time?
26. Do you like having the same routine every day?
27. Do you get upset if something you had planned on eating is no longer available?
28. Have you had eating disorders?
29. Are you very stretchy or hypermobile?
30. Have you been diagnosed with PTSD, depression, BPD, ADHD or other psychological disorders?
31. Do you have problems with your digestion or have you been diagnosed with IBS?
32. Do you have a strong sense of justice?
33. Do you hate compromises because you think something is either right or wrong?
34. Do you hate it when people tell lies, even if it’s white lies?
35. Are you too honest?
36. Do you often interpret things literally?
37. Do you either not understand or not like other people’s jokes or sarcasm?
38. Do you get along much better with people who are on the spectrum than with neurotypicals?
39. Do you often feel like you get misunderstood in conversations?
40. Do you feel uncomfortable talking on the phone?
41. Do you often interrupt other people or struggle to know when it’s your turn to talk?
42. Do you go quiet in big group settings but don’t notice until later because you’re busy trying to process all the different conversations happening at once?
43. Are you bad at aerobics classes or following instructions?
44. Do you talk either too loudly or too softly?
45. Do you spill food when you eat or drop things on the floor?
46. Do you often get bruises because you bump into things?
47. Were you bad at playing ball games when you were a kid?
48. Are you bad at multitasking?
49. Do you hate certain types of clothes that don’t fit in a specific way (too loose, too tight, itchy)?
50. Do you avoid certain types of fabrics and cut off labels inside your clothes?
51. Are you often overwhelmed by too much noise around you?
52. Do you have trouble sorting out the voices on a television show?
53. Are you easily distracted by things going on in the background?
54. Do you hear sounds other people don’t hear or are annoyed by sounds others have no problems with?
55. Are you easily moved by music, books or films (for example get goosebumps when you listen to music you like)?
56. Do you wear headphones whenever you’re outside?
57. Do other people comment that you look sad or angry when you’re happy?
58. Do you fidget with your hair, nails, pens, or other things around you?
59. Do you frequently go on social media instead of paying attention during a conversation?
60. Do you tend to bite your lips, inside your cheeks, on pens, your nails or other things?
61. Do you hate certain types of food because of the way they taste or smell?
62. Are you repulsed by some types of smells but love others?
63. Do you tap your fingers or move your legs all the time?
64. Do you dislike getting wet?
65. Do you hate wearing makeup or having anything on your face?
66. Do you enjoy strong pressure or using a weighted blanket when you sleep?
67. Do you feel closer to animals than to people?
68. Are you either very emotional or not showing feelings at all?
69. Are you very visual and have artistic talent?
70. Are you very good with numbers, patterns and logic?
71. Do you either commit to things fully or not at all?
72. Do you often miss paying bills on time or not open mail or emails?
73. Do you avoid picking up the phone if someone calls you unexpectedly or not open the door if someone rings the doorbell?
74. Are you often late for appointments or forget things?
75. Do you frequently lose things like mobile phone/cellphone, keys or misplace smaller items?
76. Do you sometimes forget to shower for days or wash your hair because you’re too busy or distracted?
77. Do you have trouble respecting authorities?
78. Have you ever been sexually abused?
79. Have you been in an abusive relationship?
80. Do you have difficulties knowing where your boundaries are?
81. When you date someone, can you get intense very early in the relationship?
82. Do you have an uneven profile of abilities?
83. Do you have a high IQ or are considered very smart by friends?
84. Do you have a very good long-term memory, but can forget things you just heard or saw?
85. Do you often get caught in a spiral of negative thinking for days at a time?
86. Do you have trouble finding your way inside large buildings, for example at a university or a train station?
87. Did you drop out of classes at university?
88. Do you have trouble keeping a job, or do you prefer to work for yourself where you can be in charge of what you do?
89. Do you hate going to long meetings?
90. Do you often get overwhelmed or stressed if you get too many tasks at once and end up avoiding them all instead of prioritising?
91. Do you strive for perfection even if it’s not essential for the bigger picture?
92. Are you very attentive to details, for example by finding four-leaf clovers?
93. Have you often been taken advantage of by friends or partners asking you to sacrifice a lot without getting anything in return?
94. Is it hard for you to identify precisely what you’re feeling?
95. Are you seen as very serious by others?
96. Do you point it out if other people misspell something or make a mistake?
97. Do you hate changes in your environment?
98. Do you get angry if other people move your stuff?
99. Are you genderfluid or have another sexual orientation than straight?

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