

# You Don't Need To Relate To Everything

Autism is diverse. No two autistic people are the same, and that means you won't relate to every experience, trait, or example you see – and that's okay.

Relating to some experiences deeply is still meaningful, even if you do not relate to every example you see.



## AUTISM CAN PRESENT DIFFERENTLY

Autism is not identical in every person. It can present differently depending on many factors, including:

- ♥ personality
- ♥ environment
- ♥ masking
- ♥ life experiences
- ♥ burnout
- ♥ age
- ♥ gender
- ♥ co-occurring conditions
- ♥ individual coping strategies

Because of this, traits, challenges, strengths, and support needs can look different from person to person – and may change over time.



## YOU DO NOT NEED TO RELATE TO EVERYTHING

Many people exploring autism worry that:

- ♥ "I don't relate to that trait."
- ♥ "Mine doesn't look like that."
- ♥ "Other people seem more affected than me."
- ♥ "Maybe I'm making it up."

Relating differently to certain experiences does not automatically mean your experiences are invalid.

Sometimes, traits may be internal, subtle, or feel more visible at certain times in your life – such as during stress, burnout, or in overwhelming environments.



## ASSESSMENT PROCESSES ARE STILL CAREFUL & ROBUST

Although autism can present differently from person to person, assessment processes are designed to:

- ♥ explore patterns of experiences
- ♥ look at developmental history
- ♥ consider strengths, challenges and support needs
- ♥ use established diagnostic criteria
- ♥ include professional understanding, observation and discussion
- ♥ build a fuller picture over time

Exploring autism does not mean "everyone is autistic". Assessments are thorough, evidence-based, and focused on understanding you as an individual.



## It's Okay To Explore Uncertainty

You do not need to have all the answers right now. It is okay to be curious, unsure, or questioning. Exploration is not a commitment – it is simply a way to learn more about yourself and what support might help you thrive.



## Relate Differently At Different Times

Your experiences may change depending on factors like stress, burnout, life stage, or environment. What feels true for you today might look different in another season of life.

## A Few Gentle Reminders



You don't need to "tick every box" for your experiences to matter.



Internal experiences are just as valid as external or visible ones.



Masking can change how traits show up – or hide them completely.



Support needs vary. Some days are harder than others.



You are allowed to take your time and go at your own pace.



Your experiences are real, even if they don't match what you expected.

There is no "right" way to be autistic.

Thinking About an Autism Assessment?  
 A Reflective Guide For Self-Exploration

## Want To Explore Things Further?

If you are beginning to reflect on your own experiences, you may find our **Thinking About an Autism Assessment?** reflective guide helpful as a gentle starting point for self-exploration and understanding.

This resource is designed to support thoughtful reflection around sensory experiences, masking, communication, routines, overwhelm, and everyday life experiences – without pressure or expectations.



## Gentle Reminder

Wherever you are on your journey, you are allowed to explore, question, learn, and grow in ways that feel safe and manageable for you.

Your experiences are valid. Your feelings matter. You are not alone.