I was diagnosed last summer and only started realising I might be autistic about a year ago. Ever since I've been diagnosed I feel like I've become 'more' autistic. Obviously that's not a thing but I feel like I'm now struggling to cope with things I could do fine before. Today for instance I had to leave the supermarket because the noise became too much. Over Christmas I had to take a break from family as again, too loud. Does anyone recognise this? Is it that I'm just understanding myself better and masking less? In my head I feel like maybe I'm just 'putting it on' because I know I have an 'excuse'. Again, I know that is not what autism is but you know, my mind is a funny place to be 🙄.

Any advice or similar experiences?

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Alice uses a private Facebook group for autistic women to find out whether other autistic people have had similar experiences to her.