

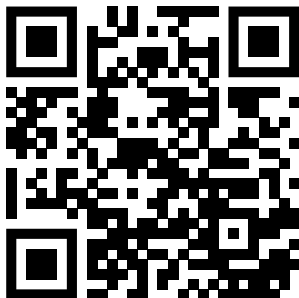
# Spoons Indicator

Tell your NT friends and followers how many spoons you have used writing that post, or replying to theirs. Show them how much effort goes into communicating with them!






Try the Spoons Indicator at:

<https://tinyurl.com/spoonsindicator>

Or scan the QR code with your smartphone:



4:19








If you could tell an NT anything about what autism is, what would it be?

I am NT. My mum has just found out she is autistic. I want her to feel she can be herself, and I want to learn as much as possible about autism. What do you think I should know?

Reply:

I shorthand it to 'I can't turn my brain off, and I'm really bad at reading social cues'.

How many spoons did this reply take?



Send your reply and spoons