



@anne ▶ Austistic Women Living Authentically ...

This may sound a bit controversial but please know that this is a genuine question and I mean no offence!!

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

In this post, Anne starts her question by clarifying her intentions. She writes: **“this is a genuine question and I mean no offence”**.