

1. I am a sympathetic person.

- a. ☒ True now and when I was young

2. I often use words and phrases from movies and television in conversations.

- d. ☒ Never true

3. I am often surprised when others tell me I have been rude.

- a. ☒ True now and when I was young

4. Sometimes I talk too loudly or too softly, and I am not aware of it.

- b. ☒ True only now

5. I often don't know how to act in social situations.

- b. ☒ True only now

6. I can 'put myself in other people's shoes.'

- b. ☒ True only now

7. I have a hard time figuring out what some phrases mean, like 'you are the apple of my eye.'

- a. ☒ True now and when I was young

8. I only like to talk to people who share my special interests.

- b. ☒ True only now

9. I focus on details rather than the overall idea.

- d. ☒ Never true

10. I always notice how food feels in my mouth. This is more important to me than how it tastes.

- d. ☒ Never true



11. I miss my best friends or family when we are apart for a long time.
d. ☒ Never true
12. Sometimes I offend others by saying what I am thinking, even if I don't mean to.
a. ☒ True now and when I was young
13. I only like to think and talk about a few things that interest me.
b. ☒ True only now
14. I'd rather go out to eat in a restaurant by myself than with someone I know.
d. ☒ Never true
15. I cannot imagine what it would be like to be someone else.
b. ☒ True only now
16. I have been told that I am clumsy or uncoordinated.
d. ☒ Never true
17. Others consider me odd or different.
a. ☒ True now and when I was young
18. I understand when friends need to be comforted.
d. ☒ Never true
19. I am very sensitive to the way my clothes feel when I touch them. How they feel is more important to me than how they look.
d. ☒ Never true
20. I like to copy the way certain people speak and act. It helps me appear more normal.
a. ☒ True now and when I was young



21. It can be very intimidating for me to talk to more than one person at the same time.
- b. ☒ True only now
22. I have to 'act normal' to please other people and make them like me.
- b. ☒ True only now
23. Meeting new people is usually easy for me.
- c. ☒ True only when I was younger than 16
24. I get highly confused when someone interrupts me when I am talking about something I am very interested in.
- a. ☒ True now and when I was young
25. It is difficult for me to understand how other people are feeling when we are talking.
- a. ☒ True now and when I was young
26. I like having a conversation with several people, for instance around a dinner table, at school or at work.
- c. ☒ True only when I was younger than 16
27. I take things too literally, so I often miss what people are trying to say.
- a. ☒ True now and when I was young
28. It is very difficult for me to understand when someone is embarrassed or jealous.
- c. ☒ True only when I was younger than 16
29. Some ordinary textures that do not bother others feel very offensive when they touch my skin.
- d. ☒ Never true



30. I get extremely upset when the way I like to do things is suddenly changed.

b. ☒ True only now

31. I have never wanted or needed to have what other people call an 'intimate relationship.'

d. ☒ Never true

32. It is difficult for me to start and stop a conversation. I need to keep going until I am finished.

b. ☒ True only now

33. I speak with a normal rhythm.

b. ☒ True only now

34. The same sound, color or texture can suddenly change from very sensitive to very dull.

d. ☒ Never true

35. The phrase 'I've got you under my skin' makes me uncomfortable.

a. ☒ True now and when I was young

36. Sometimes the sound of a word or a high-pitched noise can be painful to my ears.

b. ☒ True only now

37. I am an understanding type of person.

b. ☒ True only now

38. I do not connect with characters in movies and cannot feel what they feel.

b. ☒ True only now



39. I cannot tell when someone is flirting with me.

- a. ☒ True now and when I was young

40. I can see in my mind in exact detail things that I am interested in.

- a. ☒ True now and when I was young

41. I keep lists of things that interest me, even when they have no practical use (for example sports statistics, train schedules, calendar dates, historical facts and dates).

- b. ☒ True only now

42. When I feel overwhelmed by my senses, I have to isolate myself to shut them down.

- a. ☒ True now and when I was young

43. I like to talk things over with my friends.

- a. ☒ True now and when I was young

44. I cannot tell if someone is interested or bored with what I am saying.

- a. ☒ True now and when I was young

45. It can be very hard to read someone's face, hand and body movements when they are talking.

- a. ☒ True now and when I was young

46. The same thing (like clothes or temperatures) can feel very different to me at different times.

- d. ☒ Never true

47. I feel very comfortable with dating or being in social situations with others.

- c. ☒ True only when I was younger than 16



48. I try to be as helpful as I can when other people tell me their personal problems.

- a. ☒ True now and when I was young

49. I have been told that I have an unusual voice (for example flat, monotone, childish, or high-pitched).

- b. ☒ True only now

50. Sometimes a thought or a subject gets stuck in my mind and I have to talk about it even if no one is interested.

- a. ☒ True now and when I was young

51. I do certain things with my hands over and over again (like flapping, twirling sticks or strings, waving things by my eyes).

- c. ☒ True only when I was younger than 16

52. I have never been interested in what most of the people I know consider interesting.

- a. ☒ True now and when I was young

53. I am considered a compassionate type of person.

- a. ☒ True now and when I was young

54. I get along with other people by following a set of specific rules that help me look normal.

- b. ☒ True only now

55. It is very difficult for me to work and function in groups.

- b. ☒ True only now

56. When I am talking to someone, it is hard to change the subject. If the other person does so, I can get very upset and confused.

- d. ☒ Never true



57. Sometimes I have to cover my ears to block out painful noises (like vacuum cleaners or people talking too much or too loudly).

d. ☒ Never true

58. I can chat and make small talk with people.

a. ☒ True now and when I was young

59. Sometimes things that should feel painful are not (for instance when I hurt myself or burn my hand on the stove).

d. ☒ Never true

60. When talking to someone, I have a hard time telling when it is my turn to talk or to listen.

b. ☒ True only now

61. I am considered a loner by those who know me best.

b. ☒ True only now

62. I usually speak in a normal tone.

b. ☒ True only now

63. I like things to be exactly the same day after day and even small changes in my routines upset me.

d. ☒ Never true

64. How to make friends and socialize is a mystery to me.

b. ☒ True only now

65. It calms me to spin around or to rock in a chair when I'm feeling stressed.

d. ☒ Never true



66. The phrase, 'He wears his heart on his sleeve,' does not make sense to me.
- d. ☒ Never true
67. If I am in a place where there are many smells, textures to feel, noises or bright lights, I feel anxious or frightened.
- a. ☒ True now and when I was young
68. I can tell when someone says one thing but means something else.
- d. ☒ Never true
69. I like to be by myself as much as I can.
- b. ☒ True only now
70. I keep my thoughts stacked in my memory like they are on filing cards, and I pick out the ones I need by looking through the stack and finding the right one (or another unique way).
- b. ☒ True only now
71. The same sound sometimes seems very loud or very soft, even though I know it has not changed.
- d. ☒ Never true
72. I enjoy spending time eating and talking with my family and friends.
- c. ☒ True only when I was younger than 16
73. I can't tolerate things I dislike (like smells, textures, sounds or colors).
- d. ☒ Never true
74. I don't like to be hugged or held.
- a. ☒ True now and when I was young



75. When I go somewhere, I have to follow a familiar route or I can get very confused and upset.

b. ☒ True only now

76. It is difficult to figure out what other people expect of me.

a. ☒ True now and when I was young

77. I like to have close friends.

d. ☒ Never true

78. People tell me that I give too much detail.

a. ☒ True now and when I was young

79. I am often told that I ask embarrassing questions.

c. ☒ True only when I was younger than 16

80. I tend to point out other people's mistakes.

d. ☒ Never true

Score

Total:

129

Language subtotal:

11

Social relatedness subtotal:

70



73

Sensory/motor subtotal:

18

Circumscribed interests subtotal:

27

**Need more information,
or would you like to start
the assessment process?**



Contact us

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