6 common reactions during the Autistic discovery journey

Denial

Imposter syndrome; I don't do *that* thing, the diagnosis/discovery is wrong

Depression

Or is it Autistic burnout? masking/shielding is exhausting; taking control of your mask/shield

Acceptance

Ok, I *am* Autistic - but recieving mixed responses from other people when I disclose

Embracing

Having confidence in your
Autistic identity, & connecting
to the culture & community in
Autistic spaces: allowing
yourself to be authentically you

Bargaining

Fine, I'm "high functioning"; I'm only a "bit Autistic"

<u>Anger</u>

Re-evaluating life & events; anger at the injustice of being invalidated for Autistic behaviours & experiences: perhaps anary at the "autism"

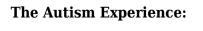
AUCADEMY

The model was created by Autistic people to help other Autistic people feel heard & validated that whatever thoughts & feelings they have about discovering they're Autistic, others have experienced them too. All reactions, responses, thoughts, feelings, & stages when you discover you're Autistic are valid. Keep in mind these reactions are not linear, & you may experience one, many, all of them, or none, & at different times, or reactions simultaneously (for more information please use the link below). Let us know at Aucademy where you are in your journey and what has helped you in your discovery.

Farahar, C. (2021). Six common reactions during Autistic discovery. https://bit.ly/3sbhvRb

The Autism Experience

Martin Hanbury



Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **The Autism Experience**. This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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Table of Contents The Autism Experience

- 1. Understanding the eBook The Autism Experience
 - The Rise of Digital Reading The Autism Experience
 - Advantages of eBooks Over Traditional Books
- 2. Identifying The Autism Experience
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Autism Experience
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from The Autism Experience
 - Personalized Recommendations
 - The Autism Experience User Reviews and Ratings
 - The Autism Experience and Bestseller Lists
- 5. Accessing The Autism Experience Free and Paid eBooks
 - The Autism Experience Public Domain eBooks
 - The Autism Experience eBook Subscription Services
 - The Autism Experience Budget-Friendly Options
- 6. Navigating The Autism Experience eBook Formats

- o ePub, PDF, MOBI, and More
- The Autism Experience Compatibility with Devices
- The Autism Experience Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - o Adjustable Fonts and Text Sizes of The Autism Experience
 - Highlighting and Note-Taking The Autism Experience
 - Interactive Elements The Autism Experience
- 8. Staying Engaged with The Autism Experience
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Autism Experience
- 9. Balancing eBooks and Physical Books The Autism Experience
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Autism Experience
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine The Autism Experience
 - Setting Reading Goals The Autism Experience
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The Autism Experience
 - Fact-Checking eBook Content of The Autism Experience
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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