

6 common reactions during the Autistic discovery journey

Denial

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

Embracing

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

Depression

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

Bargaining

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

Acceptance

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

Anger

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



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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/3sbhwRb>

The Autism Experience

Martin Hanbury



The Autism Experience:

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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