STEP 4

YOUR SELF-ASSESSMENT—WHAT TO EXPECT

RESOURCE NOTE: This is a preview of where we are headed, or to put it another way, what "done" looks like. Read this if you would like to understand where all of your work in this learning path is guiding you toward.

The final step—Pulling it all together

In this step, you will pull together all of the individual assessment pieces you worked in throughout this guide and determine if you feel your assessment results indicate that you are autistic.

The below matrix will help you do this. Beneath the matrix you will find instructions for how to complete the matrix.

Diagnostic requirement reminder

Formal diagnoses are provided when the following requirements are met:

All three criteria from Section A must be met, and at least two of the four criteria from Section B must be met.

As a reminder, the three criteria from Section A are:

- A1: Social-emotional reciprocity
- A2: Nonverbal communication
- A3: Developing, maintaining, and understanding relationships

And the four criteria from Section B are:

- B1: Repetitive movements, use of objects, or speech
- B2: Insistence on sameness, routines, and ritualized patterns
- B3: Highly restricted or fixated interests
- B4: Sensory differences

This means that all 3 of the first 3 boxes in column 5 of your matrix must be checked, and at least 2 of the 4 remaining boxes must be checked.

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ASSESSMENT MATRIX

For each column, place a checkmark in the boxes where your answer is YES.

	1. Present in childhood	2. Sufficient meaningful examples	3. Meaningful impairment	4. Autism is the most likely explanation	5. Meets all requirements
A1 Social-emotional reciprocity	☐	☐	☐	☐	☐
A2 Nonverbal communication	☐	☐	☐	☐	☐
A3 Developing, maintaining, and understanding relationships	☐	☐	☐	☐	☐
B1 Repetitive movements, use of objects, or speech	☐	☐	☐	☐	☐
B2 Insistence on sameness, routines, |and ritualized patterns	☐	☐	☐	☐	☐
B3 Highly restricted or fixated interests	☐	☐	☐	☐	☐
B4 Sensory differences	☐	☐	☐	☐	☐

Instructions for Completing the Matrix

Column 1: Present During Childhood

If you answered yes to this on the “Assessing your collected information” page for this criterion, checkmark the box in this matrix.

Column 2: Sufficient Meaningful Examples

If you answered yes to this on the “Assessing your collected information” page for this criterion, checkmark the box in this matrix.

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Column 3: Meaningful Challenges or Impairment

If you answered yes to this on the “Assessing your collected information” page for this criterion, checkmark the box in this matrix.

> **Important:**
>
> Masking or internalizing an autistic characteristic can make the underlying difficulty invisible to other people without actually resolving the unmet need.
>
> Accommodations, on the other hand, can successfully address the need, reducing or eliminating the associated difficulty.
>
> In both situations, other people may not observe impairment. The question is not “is there always impairment” the question is if masking and/or accommodations are removed, would meaningful impairment occur.

Column 4: Is Autism the Most Likely Explanation

If you answered yes to this on the “Assessing your collected information” page for this criterion, checkmark the box in this matrix.

Column 5: Meets all requirements

If you checked all the boxes in columns 1 through 4, check this box as well.

If you have not reached a conclusion about any of the items in columns 1 through 4, leave the corresponding box(es) in Column 5 unchecked until you feel you have collected enough information to make a determination.

Interpreting Your Results

If you have marked all 3 of the A criteria in column 5 and at least 2 of the 4 B criteria, this is a strong indication (but not an absolute given) that you would receive a diagnosis if you pursued a formal assessment.

If you have not checked enough of the required boxes in column 5, this does not automatically mean you are not autistic. The assessment process (both self and formal) is multifactorial and there are many confounding variables.

If you did not mark enough of the boxes in this self-assessment guide but still suspect you are autistic, pursuing a formal assessment may be something to consider (if you are able).

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Your Self-Assessment Final Results

Based on what I have uncovered through this thorough self-assessment process:

☐ **I believe I am likely autistic.**

☐ **I believe I may be autistic, but I am still unsure.**

☐ **I believe I am likely not autistic.**

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