

LATE DIAGNOSED UNMASKING

A GUIDE DECK

THE LATE-DIAGNOSED UNMASKING DECK



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SECTION I: SPOTTING PAST AUTISTIC TRAITS (1–20)



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List 3 “weird” things you did
as a kid that now make sense
(ex: lining up toys, rewatching
one movie, hiding at parties).



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Write one school rule you
broke because you didn't
understand it.



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Name one thing teachers
called you (ex: “lazy,”
“dramatic”) that you now
reinterpret.



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What was your strongest subject? What made it easy for you?



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What subject drained you?
Why (noise, speed, social)?



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Write one meltdown memory.
What triggered it?



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What did adults punish you for
that was actually sensory or
social overload?



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List 3 childhood interests you
obsessed over.

