

# Autism Imposter Syndrome: Reflections

## **When was a time I doubted whether I was “really” autistic?**

Describe the situation briefly—what triggered it, how it made you feel, and what thoughts came up in the moment.

## **What outside messages or experiences might have made me feel this way?**

Consider stereotypes, other people’s reactions, masking, or lack of support. Doubt often comes from external pressure—not from who you truly are.

## **What evidence supports that I am autistic?**

List a few signs, experiences, or feelings that connect you to your diagnosis or self-identification. These are valid, even if they don’t match stereotypes.

## **What’s something kind or grounding I can say to myself next time this doubt shows up?**

Create a self-affirming phrase you can return to—like “I don’t need to prove my identity,” or “Different doesn’t mean fake.”