FITTING IN, WHILE STANDING OUT

SUPPORTING NEURODIVERSITY

Autism Self-Exploration Workbook

FittingIn Neurodiversity-Affirming Version

A gentle, reflective tool to help you understand your patterns, strengths, and challenges.

Name: _____

Date: _____

Before you begin

This workbook is designed to help you explore how autistic traits may show up in your life. There are no right or wrong answers. Nothing here is about “fault” or “failure”. It’s simply a way to notice patterns with kindness and curiosity.

FittingIn is a calm, supportive space for neurodivergent people to understand themselves without judgement or pressure. Many of us have spent years trying to fit into systems that weren’t designed for our brains. Here, you don’t have to mask or pretend. You get to explore who you are with kindness.

This workbook is a gentle starting point. It isn’t a test or a diagnosis. It’s simply a way to notice patterns, understand your experiences, and identify what helps you thrive.

You can tick things that feel familiar, leave things that don’t, and write notes if you want to. There is no right or wrong way to use this.

How to use this workbook

- [x] Tick anything that feels familiar.
- [ ] Leave anything that doesn’t — skipping is fine.
- [ ] Use the notes lines to explain more, in your own words.
- [ ] Go at your own pace, in any order. Take breaks whenever you need.

This isn’t to replace a diagnosis but it is to understand what areas you may want to work on.

SECTION 1 OF 10

1 Social Communication

How you communicate and connect

- [ ] I find it hard to know what to say in conversations
- [ ] I rehearse what I want to say before speaking
- [ ] I prefer clear, direct communication
- [ ] I struggle with small talk
- [ ] I miss social cues or hints
- [ ] I take things literally
- [ ] I need time to process what people say
- [ ] I feel socially exhausted after interacting
- [ ] I worry about saying the wrong thing
- [ ] I prefer one-to-one conversations over groups

Notes

SECTION 2 OF 10

2

Social Interaction

How you experience social situations

- [ ] I feel different from other people
- [ ] I find group situations overwhelming
- [ ] I prefer structured or purposeful interactions
- [ ] I struggle to maintain friendships
- [ ] I feel more comfortable with people who understand neurodiversity
- [ ] I need time alone to recover after socialising
- [ ] I feel unsure how to join conversations
- [ ] I feel anxious in unpredictable social settings

Notes

SECTION 3 OF 10

3

Sensory Experience

How your senses respond to the world

- [ ] I am sensitive to noise
- [ ] I struggle with bright lights
- [ ] Certain textures bother me
- [ ] I avoid crowded or busy environments
- [ ] I get overwhelmed by too much sensory input
- [ ] I notice small details others miss
- [ ] I have strong preferences for clothing fabrics
- [ ] I find certain sounds physically painful
- [ ] I need quiet time to regulate

Notes

SECTION 4 OF 10

4 Routines & Predictability

How you manage change

- [ ] I rely on routines to feel safe
- [ ] Sudden changes make me anxious
- [ ] I prefer knowing what will happen in advance
- [ ] I feel unsettled when plans change
- [ ] I need time to adjust to new situations
- [ ] I create systems to help me cope with unpredictability

Notes

SECTION 5 OF 10

5

Interests & Focus

How you engage with your passions

- [ ] I have deep, focused interests
- [ ] I enjoy learning everything about a topic
- [ ] I find comfort in familiar interests
- [ ] I get absorbed in activities for long periods
- [ ] I prefer meaningful interests over casual hobbies
- [ ] I feel frustrated when interrupted during focused time

Notes

SECTION 6 OF 10

6

Emotional Experience

How emotions show up for you

- [ ] I feel emotions intensely
- [ ] I struggle to identify what I'm feeling
- [ ] I need time to process emotions
- [ ] I get overwhelmed easily
- [ ] I feel misunderstood emotionally
- [ ] I mask my feelings to avoid conflict
- [ ] I shut down when overloaded

Notes

SECTION 7 OF 10

7

Thinking Style

How your mind works

- [ ] I think in patterns or systems
- [ ] I prefer logic and clarity
- [ ] I struggle with vague or ambiguous instructions
- [ ] I notice inconsistencies others miss
- [ ] I get stuck on thoughts or worries
- [ ] I replay conversations in my mind
- [ ] I prefer written communication

Notes

SECTION 8 OF 10

8

Masking & Camouflaging

How you adapt to fit in

- [ ] I hide my natural behaviours to avoid judgement
- [ ] I copy others to blend in
- [ ] I rehearse social interactions
- [ ] I feel exhausted from masking
- [ ] I feel like people don’t see the real me
- [ ] I need recovery time after social masking

Notes

SECTION 9 OF 10

9

Childhood Patterns

Early signs that may still matter

- [ ] I preferred playing alone
- [ ] I had intense interests
- [ ] I struggled with changes in routine
- [ ] I was sensitive to noise, textures, or lights
- [ ] I found socialising confusing
- [ ] Teachers described me as quiet, anxious, or “in my own world”
- [ ] I relied on predictable routines
- [ ] I felt different from other children

Notes

SECTION 10 OF 10

10

Your Personal Reflection

Bringing it all together

What feels most true for you

What impacts your life the most

What you'd like support with

This isn't to replace a diagnosis but it is to understand what areas you may want to work on. If you'd like to talk it through, you can book time with Emma at fittingin.co.uk/book