



My brain works differently, not wrongly.

# I HAVE AUTISM, PLEASE KNOW THIS

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)



I may express myself differently, but I am still listening.



I may experience the world more intensely.



I can be honest, loyal, and passionate.



I often notice details others miss.



Encouragement helps me build confidence.



I can think deeply and focus strongly on my interests.



I may take a different path, but I can still reach the goal.



I may need clear language and time to process information.



I can find change, noise, or unpredictability difficult.



I communicate best when expectations are clear.



Progress matters more than speed.



Routine and structure help me feel safe.



I am trying.



I deserve patience and respect.



Understanding helps me thrive.



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