

## Reframing Autistic Stereotypes

<b>I was told I was:</b>	<b>But actually I am:</b>	<b>I value this quality in myself because:</b>
Arrogant	Confident Principled Independent	<ul style="list-style-type: none"> <li>• It helps me stand up for what's right</li> <li>• I'm often the first person to speak out about a problem</li> <li>• I can set a positive example for others</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Cold & Unfeeling	Analytical Rational Thoughtful	<ul style="list-style-type: none"> <li>• I notice things others miss</li> <li>• I don't get swept away in the heat of the moment like others do</li> <li>• I'm good at noticing connections and systems others can't see</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Annoying & Loud	Enthusiastic Alive Outspoken	<ul style="list-style-type: none"> <li>• I am my own best advocate</li> <li>• I raise other people's energy levels</li> <li>• I experience intense happiness and recognize beauty</li> <li>•</li> <li>•</li> <li>•</li> </ul>

<b>I was told I was:</b>	<b>But actually I am:</b>	<b>I value this quality in myself because:</b>
Childish	Curious Open-minded Joyful	<ul style="list-style-type: none"> <li>• I'm great at learning and growing</li> <li>• I experience the full range of human emotion</li> <li>• I take pleasure from the small things in life</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Awkward	Authentic Unique Don't Blend in with the Crowd	<ul style="list-style-type: none"> <li>• If something is hard for me, other people probably need help with it, too</li> <li>• My way of moving through the world is entirely its own</li> <li>• I don't conform to unfair standards</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Clueless, Pathetic	Reflective Unassuming Open About Vulnerability	<ul style="list-style-type: none"> <li>• I recognize we all need one another</li> <li>• I know how to ask for the help I need</li> <li>• I value my connections to other people</li> <li>•</li> <li>•</li> <li>•</li> </ul>

<b>I was told I was:</b>	<b>But actually I am:</b>	<b>I value this quality in myself because:</b>
Sensitive	Perceptive Emotionally Attuned Compassionate	<ul style="list-style-type: none"> <li>• I recognize mistreatment very well</li> <li>• I'm good at taking the emotional temperature of the room</li> <li>• I'm in touch with my feelings and with the feelings of others</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Weird	One of a Kind A Trailblazer Unconventional	<ul style="list-style-type: none"> <li>• I make the world a bigger, broader place</li> <li>• I challenge old conventions and unfair rules</li> <li>• I'm the ultimate authority on how my life should be</li> <li>•</li> <li>•</li> <li>•</li> </ul>