**What am I hoping to get out of diagnosis/self-diagnosis?**

[ ] Better understanding of myself

[ ] Practical strategies for managing my problems

[ ] Better understanding from others in my life

[ ] Accommodations at work or school

[ ] More appropriate mental health/medical treatment

*Other:*

**Who do I want to ask for help with this?**

*Friends:*

*Family:*

*Doctors/therapists/case managers/other professionals:*

*Social media:*

*Other:*

**Do I want an evaluation?**

*Pros:*

[ ] I would like to know how I do on tests

[ ] I won’t feel confident identifying as autistic without an official diagnosis

[ ] I need a diagnosis to receive specific services

[ ] I think it will give me credibility as a self-advocate

[ ] I’m concerned that other people won’t take it seriously unless I have an official diagnosis

Other:

*Cons:*

[ ] I don’t feel confident that I’ll get a good evaluation

[ ] I have logistical barriers to accessing an evaluation (can’t afford it, lack of transportation, etc.)

[ ] I don’t know how to find someone to evaluate me

[ ] I don’t know if my insurance covers it

[ ] The process sounds too intimidating

[ ] I don’t have anyone to give information about my childhood

[ ] I’m worried that it will be used against me in a divorce, custody proceeding, etc.

[ ] I’m worried that it will prevent me from joining the military, adopting, etc.

[ ] I just don’t feel like I need one

Other:

**How will I deal with it if people disagree or are unsupportive?**

**How will I deal with it if I get an evaluation and they think I’m not autistic?**

**Up to three next steps I’d like to take:**

|  |  |  |
| --- | --- | --- |
|  | **Action** | **Possible helpers?** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |