

Special Interests • Social Communication Challenges • Sensory Sensitivities

# I Think I Might Be Autistic

A GUIDE TO  
AUTISM SPECTRUM DISORDER DIAGNOSIS  
AND SELF-DISCOVERY FOR ADULTS

**Cynthia Kim**



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**I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis  
and Self-Discovery for Adults**



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What if instead of being weird, shy, geeky or introverted, the human brain is wired differently? starts from that "aha!" moment--when you realize that ASD might just be the real reason for why you've often felt therefore different. This concise instruction also addresses important areas of living with ASD as a late-diagnosed adult, including dealing with the emotional influence of discovering that you're autistic and deciding who to talk about your diagnosis with and how. *I Think I WOULD Be Autistic: A Guide to Autism Spectrum Disorder Analysis and Self-Discovery for Adults* For adults with undiagnosed autism spectrum disorder (ASD), there's often an "aha!aha! Is getting a diagnosis worth it? What do the symptoms of ASD look like in adults? What will an assessment consist of and how will you plan it? Cynthia Kim shares the info, insights, tips, suggestions and resources she gathered within her own journey from "" instant, addressing the many questions that follow." to finally being diagnosed with Asperger's syndrome in her forties. "



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Good, Easy Read I enjoyed this book. I was impressed with what the writer presented in this publication. She was somebody who had to go through the issue of whether she was on the spectrum or not really and where to proceed from there. I came across her anecdotes interesting, her recommendations enlightening, and the complete book a fantastic read. The psychiatric society pegged ASD wrong to begin with with symptoms that were male in origin and so women have been misdiagnosed for decades. She has and she's providing to save you some time rather than bumbling through. An excellent read for someone wondering if they are about the Spectrum. I'm right now viewing other traits -- stuff I'd never really associated with autism but that have been with me my whole life -- in a different light. Buy it currently! I'm finding the description of her diagnosis journey helpful, too. I'm too old, right? Thanks once again for helping me in my own journey. I was rebelling against labels, however now I deeply regret not really getting my oldest children help. The writer seems compassionate, somebody who provides walked down this street and asked these questions. This may be accurate, but why scrounge when I have a well-organized and inexpensive book option? This is an excellent first book for somebody who is in relation to seeing if they are on the Spectrum or not. It has also helped me to understand I have to accept and study the schizoaffective medical diagnosis— and I've come to the final outcome that I might have both. "So, in moves my quest to learn if this will result in an official medical diagnosis. It supplied me all sorts of webpages and shortcuts it would have taken a few months to find by myself. If time is cash, it's definitely worthy of your time and effort. The book mostly focuses on getting a diagnosis, but is helpful in many other ways. My third child has sensory conditions that are as complicated as my very own and my boy's who includes a medical diagnosis of autism. Not only have I found a book written by someone who's been in the trenches herself -- and who has a fascinating story of her own to share -- I've begun to appear harder within my own suspicions our oldest child's autism didn't come from thin air or just because of the hyperlink between hypothyroid moms and autistic children (or any other possible explanation). I've wondered for quite a while whether I might become on the spectrum, as well, though I'd dismissed that likelihood for years, because I'd discovered to make eye-contact and can usually tolerate social circumstances for brief intervals. Do I suit this picture? I've used an online quiz -- associated with in this book -- and received the following result (though I will not be more specific as to my rating): "You are most likely neurodiverse (Aspie). I'm glad I purchased it. I've mixed emotions, but one of these is relief. And I thank this author for helping me start the process. An honest account of 1 diagnostic journey This is an excellent honest account of the rigorous diagnostic journey needed for an autism diagnosis, specifically for a more verbal person. I appreciated their honesty and open up minded take on their journey, honoring the truth that many can't afford or don't or won't get access to the required assets to undergo such an assessment. Yet their personal assessment is really simply as valid: who are we to inform anyone else what their knowledge is? Fast delivery Great book. This is a great book that I identify with 100%. I value the stuff discovery perspective of this book, as opposed to being only a general publication about ASD. I highlighted every collection that I relate with personally and was amazed by the sheer level of things Kim could put to terms on what I sensed to be on my behalf. I recommend this book for anybody looking for answers whether for themselves or to better understand others. I've needed a book exactly like this one! Brilliantly written! I go through Cynthia's book in a single sitting down. The oldest two adult kids were ADHD and Insert. I was identified as having Asperger's on January 7, 2014. I feel that my diagnosis is certainly revelatory into who I am as a person, not really a bad thing to know at all. Cynthia provides reader updated, relevant information in an exceedingly conversive and engaging design! Oh, I just turned 61 December 2013; the quest for self understanding has not abated. Many thanks Cynthia! Very Insightful! Inspirational, informative, spot on Inspirational, informative, spot on. I was identified as having a schizoaffective disorder when I was in senior high school, and while at various instances in my life this condition does may actually emerge, my normal time to life since a child has been in keeping with that of one with HFA. My youngest child has a Autism, and he presents because the textbook case that will not get

skipped by anyone. However, I was born in the first 70s and am a lady, so I believe that can be why I had not been diagnosed. My three other children likewise have neurodiverse characteristics. She writes with clearness, and i experienced as if she was speaking with me rather than me simply reading.. I am just keeping an eye on her for now. Furthermore, because the medicines I had taken for schizoaffective disorder in senior high school produced me worse, I had try to escape from the discomfort and acknowledgement of my own diagnosis —and as a result have not been on meds for 26 years. The tone of voice is very much indeed a friend with some ideas and options; They now are wondering if indeed they, too, may be on the Autism spectrum. I've been searching for a book such as this that would answer some of my questions and stage me in the right direction to get more. And there was a stigma attached to the ADHD currently. My point is this insufficient diagnosis with me has created many complications for not merely me— but my children because I acquired no idea. I couldn't understand it at all until I go through her lists of good examples. The symptoms of Autism appear to be what I go through on a daily basis, so knowing whether to get diagnosed is something that I wanted to learn about. Many thanks for writing this publication. She's the help who hands out the map of the museum and that means you don't result in Greek when you're looking for Modern. It really is well-written and easy to read. Enlightening. Worth the purchase price for the summary of the DSM-5 criteria Worth the purchase price for the summary of the DSM-5 criteria by itself. I struggle the most with obsessive interests, crippling anxiety and cultural fears — and I was a professor for years! Yes? A negative review stated that the info could be "scrounged up free of charge" on the internet. In fact, I think that's the point. Not what I was looking for Probably 75% of the book talks about how exactly to diagnose autism, either with self-diagnosis or pleading your case for a specialist diagnosis. : ) Five Stars This book made me recognize that I'm not autistic, just a little weird. It had been off to a great start but fell off for me when there have been many chapters in a row about the diagnosis process. Buy it already! I loved this book! It is short and nice and is a really great basis for understanding Asperger's in yourself/others. I cannot day enough good things about this book; No? A good little guide I've thought for quite a while (nearly obsessively) about becoming autistic, which book not only shown the DSM V criteria in a way I could understand, but got great next methods and how to start taking them. i liked the questions probably the most i liked the questions probably the most. i had to look deep into myself and understood that is who i am. but no doctors or therapy for me personally. had enough of these. it offers bought me closer to God and Jesus, and i'm stronger, much better than ever. thanks a lot. Their teachers begged me to have them tested for Asperger's, but I feared more stigma because the ADHD/Increase meds adversely affected my oldest child... I was hoping for a bit more personal discovery, like ways being diagnosed provides influenced the opportunity to navigate a neurotypical globe.



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