

# Let Me Tell You How I Feel

Check those boxes which describe you...

I have trouble staying focused

Sometimes lights and sounds bother me

It's hard for me to look in someone's eyes

Lots of things taste or feel uncomfortable in my mouth

Chewing on things feels really good

I don't understand many gestures people use

I need to keep my hands busy

I have a talent that I am really good at

I notice lots of details that other people miss

It's hard for me to make friends

I like to talk about my favorite things most of the time

I have trouble copying what others do

Different types of clothes bother my skin

I have trouble finding the right words to express myself

It's important for me to do things in order or on time

Sometimes I repeat things over and over

I can't tell what you're feeling unless you tell me

I don't like when people touch me

I get confused by some things that people say or ask

I like to spin myself or objects

Cuando paso tiempo a solas me siento calmado

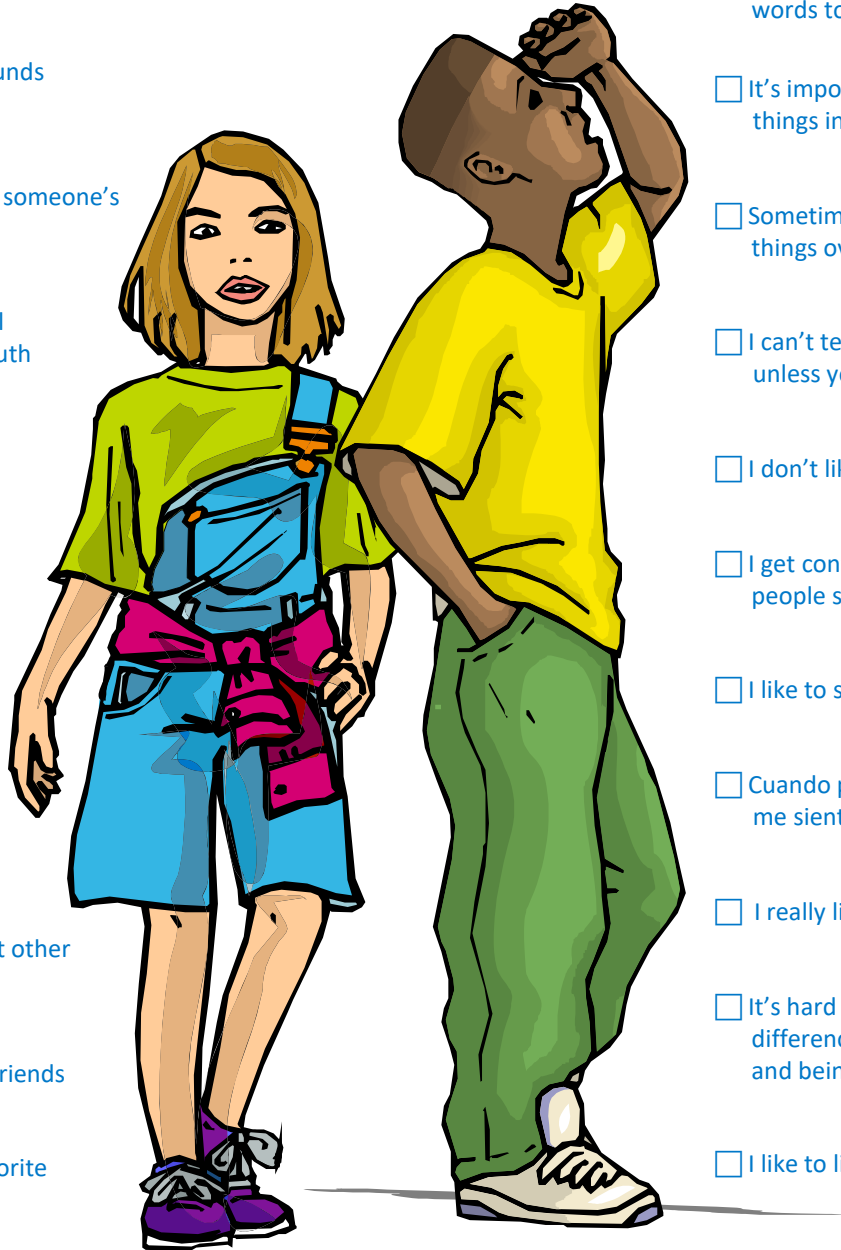
I really like to collect things

It's hard for me to tell the difference between being rough and being gentle

I like to line things up in a row

I don't always understand or know how to act

I don't understand why things have to change from place to place



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Este recurso educativo sobre el autismo es provisto por Children's Specialized Hospital a través de la generosidad de Kohl's Cares.

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HEALTH

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