

ASPERGER'S SYNDROME SYMPTOMS CHECKLIST

This checklist helps identify symptoms of Asperger's Syndrome. If you or someone you know displays several of these signs, consider seeking a professional evaluation.

SOCIAL INTERACTION DIFFICULTIES

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- Difficulty making and maintaining eye contact
- Challenges understanding social cues and body language
- Struggles with forming and maintaining friendships
- Difficulty interpreting others' emotions and responses

REPETITIVE BEHAVIORS AND ROUTINES

- Engagement in repetitive movements or activities
- Strong preference for routines and resistance to changes
- Insistence on following strict schedules or patterns
- Preoccupation with specific interests or hobbies

COMMUNICATION CHALLENGES

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- Unusual speech patterns (monotone voice, formal language)
- Difficulty understanding or using idioms or figurative language
- Challenges in engaging in back-and-forth conversations
- Difficulty expressing emotions verbally

INTENSE FOCUS ON SPECIFIC INTERESTS

- Obsessive focus on particular topics or activities
- Extensive knowledge about specific subjects, often at the expense of other activities
- Difficulty shifting focus from preferred interests to other tasks

SENSORY SENSITIVITIES

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- Heightened sensitivity to environmental factors
- Overwhelmed by sensory stimuli such as lights, sounds, or textures
- Preference for certain textures or aversion to specific ones

UNUSUAL BEHAVIORAL RESPONSES

- Difficulty adapting to new or unexpected situations
- Unusual responses to stress or frustration
- Challenges in managing transitions between activities