

AUTISTIC LIBERATION

SKILL CARDS

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Wear something today that makes you happy instead of something that makes you blend in, even if it's a kids backpack, a dinosaur shirt, or socks that scream for attention.



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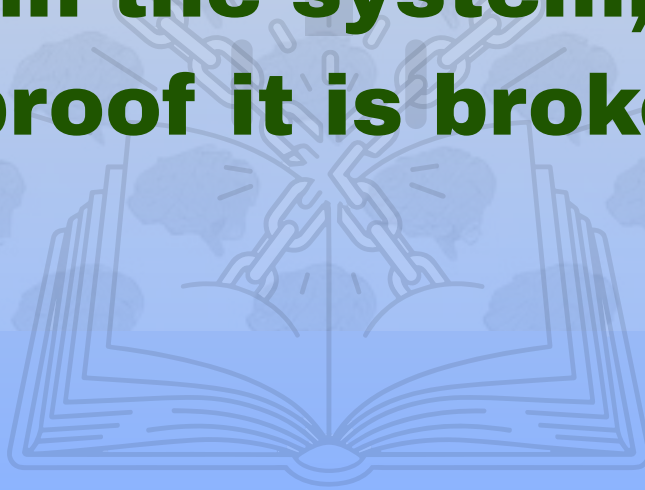
Stim in public on purpose, rock, flap, fidget, hum, and remind yourself that your body does not exist for other people's comfort.



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**When someone looks at you
funny, do not shrink, stand taller
and remember you are not a
glitch in the system, you are
proof it is broken.**



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**Talk about your favorite thing for
as long as you want today, and
do not apologize for your joy
taking up space.**



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Laugh loudly when something is funny, even if other people keep their laughter polite and small.



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**Carry a comfort object with you
in public and treat it like a tool,
not a shameful secret.**



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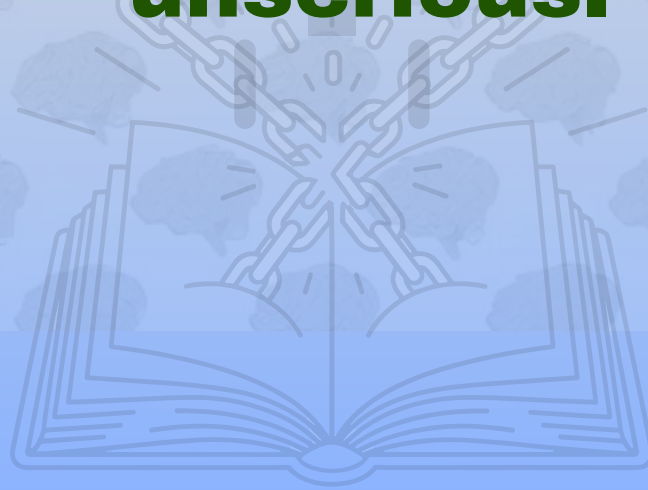
**Tell someone, “If I’m too much,
go find less,” at least once in
your life, and mean it.**



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**Play a game today, a silly one, a
kids game, a phone game,
anything that feels joyful and
unserious.**



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**Choose one “childish” interest
and love it openly, dinosaurs,
cartoons, stuffed animals,
whatever calls to you.**



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Stop forcing eye contact for one whole interaction and notice how much calmer your body feels.



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**Find one autistic creator online
and follow them, let your feed
start to feel like home.**



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Use the word “autistic” to describe yourself out loud, in a way that feels proud instead of apologetic.



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Let your voice do its natural thing today, monotone, excited, rambling, whatever it wants to be.



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**Wear headphones in public
without pretending you're on a
call, you don't owe anyone a
reason.**

