

## Cheat sheet for autistic people.

The kindness this site cares about does not need eye contact, small talk or a mask. It needs you to be you, and to be good to people.

Not every hardship is a test, and nothing here is graded.



### Offer help that is specific and direct.

Skip the vague "let me know if you need anything." Name the thing you can actually do.

SAY "I can fix your laptop on Saturday. Does that help?"



### Say what you mean, and say it kindly.

Directness is a form of respect when it comes with care. Lead with the useful part, then add a plain warm word.

SAY "I think the second draft is stronger. Here is why."



### Use what you love to help someone.

Teach it, fix it, build it, or explain it to a person who is curious. A shared interest is a real way to connect.

SAY "Want me to show you how this works?"



### Choose the low-cost way to be kind.

A written note, a text, an email, or a one-to-one visit can count as much as a party. You do not have to enter a loud room to show someone you care.

SAY "I can't come, but I'm thinking of you. Can I bring food on Tuesday?"



### **Don't mask at the cost of your health.**

Eye contact, forced small talk and a performed smile are not owed to anyone. Give yourself permission to say no and to rest.

SAY "I need a quiet break. I'll be back in twenty minutes."



### **When you are misread, assume good faith both ways.**

Autistic and non-autistic people often misread each other, and neither side is the problem.

SAY "I think we may be reading each other differently. What did you mean?"



### **Ask plainly for what you need, and be steady for others.**

Clear instructions, a quieter spot, extra time: asking is allowed. Then be the reliable friend you are in your own way, by showing up, remembering, and keeping your word.

SAY "Could you send that in writing?"

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IF YOU ONLY DO ONE THING THIS WEEK

**Offer one specific bit of help, ask for one thing you need, and take one real rest without apologizing.**

Autism is a spectrum, and no one sheet fits everyone. Nothing here is a test of how well you act neurotypical, and no one owes anyone masking or eye contact. Take care of yourself first. If you are struggling, call or text 988 in the US, or visit [findahelpline.com](https://findahelpline.com) elsewhere. This is not medical advice. This is practical, not religious. I think what you show with your choices is what counts. Share it freely.



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