

ASD Checklist

Please put a check mark by any area where the individual experiences difficulties: (put a star by any area that is a significant concern)

Thinking about others thinking

- Taking the perspective of others in a situation
- Awareness that others' thoughts, beliefs, etc. may differ from their own
- Taking into account others' thoughts/beliefs when acting
- Empathy
- Apologizing
- Compromising/Negotiating
- Offering or asking for help
- Understanding motive or intent of others
- Using mental state words (think, know, believe)
- Understanding author's point of view
- Understanding context
- Forming friendships/relationships
- Working in a group
- Being brutally honest

Emotional Control

- Identify feeling of self or others
- Expressing own feelings
- Emotional reciprocity
- Over/understated emotional reaction
- Gradients of emotion (i.e., agitated to furious)
- Understanding one person can have many feelings, same event
- Understanding two people can have different emotions, same event
- Expression doesn't match stated mood
- Taking into account others emotions when acting

Executive Functions

- Problem solving
- Initiation
- Planning
- Sequencing
- Organization
- Prioritization
- Task monitoring
- Goal-directed persistence
- Time management
- Ability to delay gratification
- Self-monitoring
- Sustained attention
- Metacognition
- Self-talk
- Working Memory
- Significant discrepancy between executive functions when calm vs when emotions are involved

Regulation

- Sensory/stimulation-seeking
- Sensory avoiding
- Sensory modulation
- Sensory Hypersensitivity
- Sensory Hypo-sensitivity
- Pain tolerance/sensitivity
- Extreme reactions to environmental sounds
- Appears inattentive at times to human speech
- Hygiene/clothing
- Ability to self-calm
- Use of adaptive coping responses
- Sleep
- Internet use
- Eating
- Voice volume
- Toileting
- Self-regulation for learning/work

Social Communication

- What to say/who to say it to
- Where, when, how to say it
- Initiate, maintain, end conversations
- Monitoring understanding, repair and adjust
- Limited conversational turns, monologue
- Reading or using social cues/context
- Understanding and using facial expressions and body language
- Explain, small talk
- Adjusting conversation to audience
- Questions (too many, too few, personal)
- Echolalia
- Scripting
- Using appropriate prosody while speaking

Mental Flexibility

- Ability to adapt to change
- Abstract vs. concrete concepts
- Ability to change behavior based on situation
- Focus on unimportant vs salient events/facts
- Ability to generalize or transfer skill
- Main idea and summaries
- Cause and effect
- Understanding consequences of actions
- Ability to shift sets/change gears
- Editing/redoing
- Correcting others
- Perfectionistic
- Logical/fact oriented

Impulsivity

- Blurting out
- Acting before thinking
- Rushing through
- Waiting
- Anticipation
- Stopping behaviors
- Excessive, exaggerated reactions
- Inappropriate comments
- Risk taking
- Talking nonstop
- Fidgeting
- Controlling thoughts/suppressing unwanted thoughts

Consistency/Control

- Transitioning between activities/classes
- Need to rely on rules and routines
- Need schedule for predictability
- Intense special interest
- Rigid, directive, or bossy
- Repetitive, stereotypic movements
- Intolerance of uncertainty
- Need to control situation
- Power struggle
- Noncompliance
- Pushing limits
- Refusal/resistance
- Appears manipulative
- Appears to frequently be dishonest
- Appears compulsive

Abstract Language

- Abstract thinking
- Figurative language, similes, metaphors
- Implied/inferential
- Rhetorical questions, sarcasm, jokes, humor
- Idioms/multiple meaning words
- Character development words (i.e., respect, honesty)

Boundary Awareness

- Body in space
- Touching
- Smelling
- Personal space
- Hugging
- Friendship/Dating/Relationships
- Sexual acting out
- Strangers
- Wandering/elopeing
- Overly friendly

Behaviors

- Rages/meltdowns
- Swearing
- Perseveration/getting stuck
- Teasing/bullying
- Frustration tolerance
- Stealing
- Withdrawal
- Smearing

Connection/Attachment

- Social motivation
- Attachment with parent
- Connection with friends/peers
- Connections to others (other than friends/peers)
- Safety-seeking
- Reassurance-seeking
- Attention seeking/avoiding

Other: _____

Adapted from Holzhauser-Peters, Leslie, and True, Leslie; 2008

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