



## Scenarios

1. I started my new job working at a large consumer electronics store providing technical support at the front desk. When I was hired, I disclosed my autism diagnosis to my supervisor, Ben. He said it was not going to be a problem, whatever that means. As I learn the job, I find myself overwhelmed as there are typically too many customers in this very busy store. I recognize the job is stressing me out but I am too embarrassed to speak to Ben about my concerns. I don't know if he will understand. What can I do?

**Suggested Strengths:** High Tech (computer savvy), Communication (comfortable sharing diagnosis)

2. My co-workers have commented they notice I pace around frequently at work. Pacing is my method for self-relaxation and I want to explain my autism diagnosis. How is my disclosure going to impact my relationships at work?

**Suggested Strengths:** Communication (handles verbal feedback well and is a good joke teller)

3. I have been called into work as a last-minute replacement on a regular basis. This makes me feel on edge and worried about how to plan my schedule. What can I do to express my growing frustrations in an appropriate manner? Should I disclose my diagnosis?

**Suggested Strengths:** Creative (illustrates her own comic strip), Character (integrity, honesty)

4. My supervisor wants me to travel as part of the team to a conference in New Orleans. I have learned that I do not like to socialize at conferences because the crowd is large and my co-workers like to party. The crowds make me nervous and I prefer quiet places to work and have meals. How can I move forward to find resolution in this situation and not offend the team?

**Suggested Strengths:** Discipline (makes appropriate decisions), Emotional (receives gut feelings about things)

5. Recently I feel as though my supervisor is throwing a lot of information at me, and I would like her to break down tasks into smaller steps. I have not disclosed my autism diagnosis. I am wondering if I should partially disclose or fully disclose. What resources do I have to determine my decision?

**Suggested Strengths:** Social (has a good relationship with his supervisor), Literacy (good writer)