

**TELL
them**

**Urge to tell my
parents I have
autism**

Short term:

- I won't feel like I'm hiding this thing from them anymore (like when I came out)
- Keeping this inside feels painful. I want to let it out so I'll feel lighter.

Long term:

- They'll know this about me and perhaps know me better, which could have us have a closer relationship? Not sure on this one.
- I (and my sisters) can talk more freely around mom & dad because I (and my sisters) won't worry about outing me.

Short term:

- I won't have to deal with their reaction and the potential for it to be invalidating

Long term:

- They continue to misunderstand me (but of course they could continue to misunderstand me even if I do tell them)
- I won't have the potential to undercut my boundary re: seeking validation from them.

Short term:

- I don't know how they'll react
- It's possible they won't react at all, and I'll feel invalidated
- It's possible they'll react by asking a ton of questions and wanting me to explain myself and I'm not sure I'll be up for that. So I'll have to set their expectation and create a boundary of what I'm willing to explain.

Long term:

- Telling them puts me in the position to seek their validation which I'm not supposed to be doing right now. So, telling them potentially undercuts my boundary and my work on learning to self-validate
- I don't know what assumptions they have about autism, so I'd be potentially working against (i.e. unteaching) their assumptions. Which is more work than explaining from scratch. They could continue to misunderstand me just in a new way.

Short term:

- I have to keep this inside, and I have the thought that I'm being dishonest. There's pressure building the longer I don't tell them.

Long term:

- They continue to misunderstand me because they never get the full picture of who I am (but of course, there's no guarantee they'll get the full picture even if I do tell them)
- I (and my sisters) have to watch what I say around mom & dad so I (and my sisters) don't out me.

**RESIST
TELLING
them**