

8 Ways Autistic Young Adults Build Confidence



1. Mastery Experiences

Doing hard things & succeeding (not just praise)



2. Physical Movement

Building body competence & measurable progress



3. Real-World Work

Doing real work with tangible results



4. Self-Advocacy Practice

Asking for what you need effectively



5. Interest-Led Learning

Building deep expertise in passions



6. Peer Connection

Building community in neurodiversity-affirming environments



7. Celebrating Progress

Focusing on personal growth, not just outcomes



8. Reducing Masking Demands

Creating authentic environments where you can be yourself