

Did you know that difficulties with social cognition are very common in autism spectrum disorder, even among verbal adults without a co-occurring intellectual disability?

### What are typical social cognitive problems in ASD?

- Difficulty understanding other people's thoughts and feelings
- Problems recognizing and understanding facial expressions and body language in others
- Difficulty figuring out how to act and/or what to say in different social settings
- Difficulty expressing empathy and support to others
- Saying too much, or too little when interacting with others
- Difficulty communicating effectively
- Difficulty managing emotions



### What Can Be Done to Help?

We are raising awareness to identify individuals who may benefit from resources and innovative treatment approaches to help with social cognition.

### How does this affect me?

- Feeling like I don't belong or "fit in" with others
- Difficulty starting and maintaining a conversation
- Challenges forming and maintaining friendships
- Difficulty interacting successfully with teachers and other students
- Difficulty interacting successfully with an employer and co-workers

*This resource was created by The University of Pittsburgh's Center for Autism Excellence for ASERT.*