

## Autism and Emotions

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Some autistic people find it hard to tell others how they feel.



This can make you feel upset or worried.



It might also make you feel lonely.



Your heart rate and other signs from your body might give you clues about how you are feeling.



It might help to write or draw what you are feeling.



It might also help to use music or art to show your feelings.



Even if you struggle to explain how you feel, you still have feelings.