

Autistic Joy Inventory

An intentional celebration of what brings you joy, delight, and deep engagement — because autistic joy is real and worth documenting.

Name: _____ Date: _____ Clinician: _____

***Purpose:** So much clinical focus is placed on deficits and difficulties. This inventory is different — it is an intentional celebration of what brings you joy, delight, and deep engagement. Autistic joy is real, vibrant, and worth documenting.*

MY SPECIAL INTERESTS

My current special interests:

Special interests I have had throughout my life:

What these interests feel like from the inside — the joy they bring me:

Ways my special interests have connected me with others:

THINGS THAT BRING ME GENUINE DELIGHT

Sensory experiences I love:

Sounds, music, or textures that feel wonderful:

Visual things that captivate me:

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Smells or tastes that bring me happiness:

MY NEURODIVERGENT SUPERPOWERS

Things I notice that others miss:

Ways my brain creates, thinks, or solves differently:

People or moments that have truly seen and appreciated my brain:

A LETTER TO MY BRAIN

Write a short, compassionate letter to your neurodivergent brain — celebrating it:
