

EMOTIONS

An autistic person may:

- **Have difficulty recognising facial expressions and the emotions behind them.**
- **Have less effective emotion regulation strategies.**
- **Be significantly less likely to use reappraisal and more likely to use suppression.**
- **Report greater levels of negative emotion in general.**
- **Have difficulty with recognizing more subtle expressions of these feelings or emotions.**
- **Have difficulty recognizing, identifying and understanding various other states of emotion expressed by others and knowing what to say in that situation**
- **Scan faces in a more random way.**
- **Spend less time looking at the eyes and more time focusing on the mouth.**
- **Get less information from a person's face about what that person is feeling.**
- **Lack, or seem to lack, empathy with others.**
(the ability to share and understand another person's feelings)
- **Have Alexithymia, a condition defined by a difficulty understanding and identifying one's own emotions.**
- **Have a "cascading effect" in which slow initial development in social abilities leads to more severe problems in later childhood.**

3 Basic Emotions

- happy, sad, mad
-in others and self

Basic Emotions with Facial Expressions

-anger, contempt, disgust,
fear, happiness, neutral,
sadness, and surprise
(cross-cultural & universal
facial expressions)

Complex Feelings

embarrassment, shame,
pride, guilt, envy, joy,
trust, interest, contempt
and anticipation