



THIN SLICE JUDGEMENTS

and the different world
autistics inhabit



WHAT ARE THIN SLICE JUDGEMENTS?

A "thin slice" judgement is based on a first impression that becomes a long-lasting part of someone's perception and attitude.

Research has demonstrated that after only a couple seconds of seeing an autistic person, non-autistic people begin to have a negative reaction to them.

Autistic people are often distrusted and disliked on first sight.

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People reported having the following reactions after viewing an autistic person for a few seconds:



Would not want to sit next to them



Would not want to talk to them



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Would not want to live near them



Would not want to hang out with them

After just seconds, non-Autistic
people rated Autistic people

as less...

Trust-
worthy

Attractive

Smart

Dominant

Likeable

Why people make thin slice judgements

1

Communication, manner of speaking, syntax, & vocabulary are different

2

Body language, eye contact, & tone are not typical or expected

3

Clothing, hairstyle, & accessories may signal disability

4

Atypical gait, clumsy, or hemiplegic movement (one side moves more)

5

Lack of confidence in one's own ability to predict & respond to behavior causes anxiety

EVALUATE YOUR

THIN SLICE

JUDGEMENTS



Ask yourself:
Am I reacting to
disability?

Sit with your
feelings to
understand them.

Engage in safe
contexts to explore
your reactions.

Question if your
behavior is causing
harm.

LISTEN

to your thoughts

Sexual predator

School shooter

Creepy

Does not fit in

Awkward

Bad vibes

thin slice judgements

CAN SOUND LIKE...

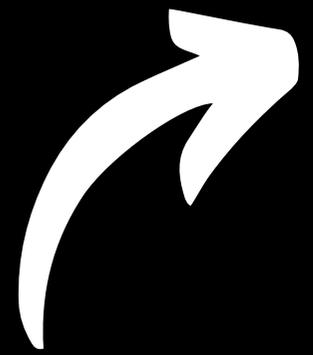
Getting a "vibe" from others could indicate real danger.



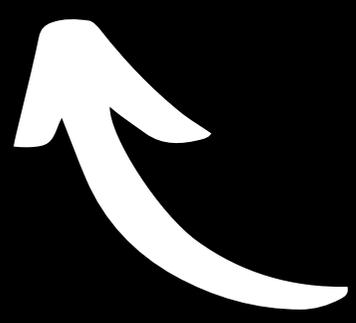
Victims of violent crimes often had a feeling of fear before being attacked.



Negative "vibes" could mean that your biases make you a danger to someone innocent.



It could indicate that personality differences would make you a bad match as friends.





Reflect on past interactions with people you may have unfairly judged

Do not overcorrect & subject others to pity or savior relationships

Interact in ways that are safe for both you & the other person

Do not weaponize judgements to justify harming others

Realize you have automatic processing & may have automated biases

OVERCOMING BIASES

& practicing active harm reduction

Surviving thin slice judgements

FIVE to stay alive



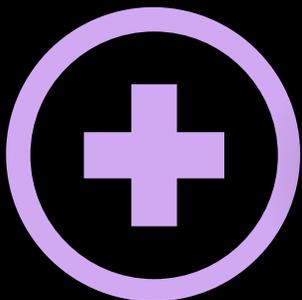
Five sentences in reply

If you feel someone is committed to not seeing you, do not engage for more than 5 sentences. Protect your boundaries, safety, & inner peace.



Five safe and wise people

If you can, build a network of five safe people—family, friends, or support professionals—who will help to process negative interactions.



Five items in your soul first aid kit

Keep a first aid kit for your soul's health with sensory comfort objects, keepsakes, books, letters, your favorite scents or candies, or whatever brings you joy & reminds you of who you are. No one gets to define you but you.