

Neurodiverse Traits



Common traits associated with neurodiversities

dyslexia, ADHD, autism, OCD, tourette syndrome, ABI, and more

- Advanced communication skills in explaining and story-telling

- Artistic creativity

- Attention control

- Attention to detail

- Challenges with direction

- Challenges with learning

- Challenges with memory

- Challenges with organization

- Challenges with planning

- Cognitive flexibility or flexible thinking

- Communication difficulties

- Complex problem-solving skills

- Comprehending math logic

- Connecting numbers with words

- Difficulty with time management

- Difficulty writing

- Disturbed coordination

- Echolalia

- Emotional and energy regulation

- Empathy and justice-orientated mindset

- Estimating measurements

- Executive functioning differences

- Hyperactivity

- Hypersensitivity

- Hyposensitivity

- Imagination differences

- Impulsivity

- Inattention

- Inconsistent spelling

- Increased understanding of verbal information

- Intense emotional experiences

- Intense focus

- Lack of phonemic awareness

- Language abilities

- Left – right disorientation

- Letter reversals

- Low frustration threshold

- Mentally picture three-dimensional (3D) objects or situations

- Mind blindness

- Need for movement breaks

- Obsessive interests

- Pathological demand avoidance

- Pattern recognition

- Preference for non-linear thoughts

- Preoccupation with control

- Preoccupation with organization

- Preoccupation with perfectionism

- Processing differences

- Recalling math facts

- Remembering numbers

- Repetitive behavior that interferes with daily life

- Repetitive unwanted thoughts that interfere with daily life

- Sensitive to light

- Sensitive to noise

- Sensitive to taste

- Sensitive to temperature

- Sensitive to texture

- Sensitive to touch

- Sensory distinctions

- Slow reading

- Slow speaking

- Slow writing

- Social differences

- Social interaction difficulties

- Social situations difficulties

- Spatially gifted or challenged

- Special interests

- Stimming

- Strong skills in exploring

- Struggles with daily living skills

- Theory of mind differences

- Thinking outside the box memory variations

- Time blindness

- Trouble following written instructions

- Understanding math quantities and concepts

- Unique gender and sexual orientation experiences

- Varying aptitude in math

- Varying aptitude in technology

- Weak central coherence

- Working memory challenges