

Neurodivergent strengths

This activity helps you begin to build a more balanced understanding of your neurodivergence. It helps you identify strengths you can use as you begin to support and manage your unique neurodivergent profile.

Unfortunately, any diagnosis (or even self-identification) of neurodivergence tends to focus on what a person can't do so well compared to someone with the predominant neurotype. This presumes that the predominant way of thinking is somehow best, and it overlooks how neurodivergence can come with many strengths.

Understanding your neurodivergent strengths links to the idea that we all have multiple intelligences, including our understanding of ourselves and others, our ability to use language and communicate, use logic and numbers, move and visualise, for example.

Tick each statement that sounds familiar or true. Think not only about your own opinion but what someone you trust might say about you.

This is a huge list. It is not a test in which you must aim to tick as many statements as possible. Instead, it gives you many opportunities to identify your real strengths.

Even so, this list is not exhaustive and some people will also talk of having musical strengths, nature strengths and others, so do at more of your own.

Once you have completed this, complete the **Deep thinking strengths reflection**, which looks in more detail at specific cognitive strengths.

Character strengths

- I have a good understanding of my strengths and weaknesses
- I can learn from mistakes
- I am resilient and can bounce back when things don't go to plan
- I am persistent when completing a task
- I have a strong sense of responsibility
- I act with honesty and integrity
- I am loyal
- I am committed to fairness and justice
- I am committed to equality and inclusion
- I am good at using my initiative
- I can set realistic and achievable goals
- I am confident in my abilities
- I believe that with effort I can learn and grow
- I have good common sense
- I show care and attention
- I have good self-discipline
- I am curious and like to learn
- I can think quickly and clearly in a crisis
- I am enthusiastic
- I can take managed risks
- I can be playful and spontaneous

Emotional strengths

- I can accept constructive feedback
- I can sense and act on my gut feeling about situations
- I am usually optimistic
- I can usually sense and interpret my emotional state
- I can sit with and manage strong emotions until they subside
- I can easily pick up on another person's emotional state
- I can be patient with other people
- I can empathise with how another person is feeling
- I can be grateful for good things that happen for me

Social strengths

- I can lead others in a group task
- I enjoy socialising with familiar friends
- I enjoy meeting new people
- I am good at helping others
- I step in to share the work
- I enjoy board games with others
- I can resolve conflict with others
- I work well in a group or team
- I belong to at least one club or groups
- I have a good relationship with at least one friend
- I have a good relationship with at least one family member
- I am good at sharing with others
- I am generally likeable and am liked by others
- I can sense and follow social rules in different settings
- I have good personal hygiene and presentation
- I am polite and have good manners
- I can include people who are different to me
- I can suggest and organise social activities

Communication strengths

- I can speak clearly so other people understand my meaning
- I can listen well to understand another person's views
- I can give clear instructions
- I can follow instructions
- I am clear and concise
- I can provide the right level of detail
- I can interpret facial expressions
- I can interpret non-verbal cues like gestures and body language
- I can adapt how I speak to suit my audience
- I can choose the right words
- I can choose the right tone of voice
- I can use gestures and body language
- I can explain things well to others
- I can be assertive without being pushy
- I can persuade others or present my point of view
- I ask good questions to help my understanding or dig deeper into the topic

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Cognitive strengths

- I have good study skills
- I can solve problems
- I can make decisions by myself or with others
- I can pay close attention to detail
- I can think several steps ahead
- I can consider the consequences of different actions or choices
- I can focus well on one task or activity
- I can work without distraction
- I can juggle more than one task at once
- I can be creative
- I can be logical and analytical
- I can evaluate the merits of different options or choices

Life skill strengths

- I can work independently
- I keep my surroundings neat and tidy
- I can plan and organise my time
- I can plan and organise my things
- I can cook for myself or others
- I remember to do household tasks like cleaning or laundry
- I can manage my money well
- I can show an appropriate level of trust while not being taken advantage of
- I can meet deadlines, for example handing in work on time
- I am good at managing my health and weight
- I know how to manage my stress when I need to

Literacy strengths

- I have good reading comprehension
- My spelling and grammar are good
- I can write clearly so other people understand my meaning
- I enjoy reading fiction books
- I enjoy reading non-fiction books
- I enjoy audiobooks or podcasts
- I have a good vocabulary
- I enjoy creative writing
- I enjoy word puzzles or games

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Numeracy strengths

- I can easily make calculations in my head
- I can easily make calculations on paper
- I find it easy to work with numbers
- I am good at solving number or maths problems
- I enjoy number puzzles or games
- I am good at estimating
- I find it easy to work with units of measurement
- I can interpret charts, statistics and tables

Technological strengths

- I am good at using computer software and apps
- I can search effectively online
- I can prompt AI to generate helpful information
- I can critically evaluate the information I find online or through AI
- I am good at setting up hardware
- I enjoy social networking
- I enjoy programming code
- I take good photos or video

Visual and spatial strengths

- I am good at spotting patterns in materials, events or behaviours
- I enjoy making 3D objects using building sets or real materials like metal or wood
- I enjoy building models from kits or from scratch
- I enjoy jigsaws and other visual puzzles
- I can imagine and visualise things in 2D or 3D
- I can absorb information well through pictures and diagrams
- I am sensitive to visual clues
- I can understand complex structures like machines
- I can read maps well and relate them to the real world around me
- My handwriting is neat enough for others to read
- I enjoy visual arts
- I enjoy hand crafts like knitting, embroidery or origami
- I like to make things with my hands

Physical strengths

- I have good balance
- I have good coordination
- I learn well by moving and doing
- I like to be physically active
- I like to walk
- I like to run
- I enjoy swimming
- I enjoy solo sports
- I enjoy team sports
- I enjoy strength training
- I enjoy yoga, pilates or tai chi
- I like to dance
- I am strong
- I have good endurance
- I have good flexibility
- I am in good health

Creative strengths

- I can tell stories well
- I can tell jokes well
- I have a strong imagination
- I like doodling, drawing or painting
- I like to act
- I like to sing
- I enjoy creating art
- I like designing objects or machines
- I get pleasure from beautiful or aesthetically pleasing things
- I come up with ideas easily
- I can be original
- I can combine ideas to create something new

Spiritual strengths

- I am aware of the values that guide me
- I have a strong sense of right and wrong
- I am clear about what I believe in
- I act with integrity
- I am curious about philosophy
- I enjoy meditation and other contemplative activities
- I enjoy spending time in nature
- I am interested in life's big questions
- I get comfort from taking part in a religion
- I have a sense of purpose
- I enjoy volunteering to help others
- I take part in social action towards change

My other strengths

Write your own unique strengths here: