

# Neurodivergent Traits and Challenges Summary

## Executive Functioning Challenges

### Focus and Concentration

- **Challenge:** Difficulty maintaining sustained attention and staying focused
- **Effect:** Struggles with completing tasks, frequent task-switching
- **Impact:** Can affect work performance, study efficiency, and daily activities
- **Common Experiences:** Mind wandering during conversations, difficulty with lengthy tasks

### Planning and Organisation

- **Challenge:** Difficulty with systematic planning and maintaining organisation
- **Effect:** Struggles with breaking down tasks, forward planning, keeping spaces tidy, managing materials
- **Impact:** Can affect work efficiency, home management, and project completion
- **Common Experiences:** Cluttered spaces, lost items, overwhelming to-do lists

### Time Management

- **Challenge:** Difficulty estimating time needs and managing schedules
- **Effect:** Frequent delays, missed deadlines, poor time estimation
- **Impact:** Can affect professional responsibilities and personal commitments
- **Common Experiences:** Chronic lateness, time blindness, difficulty planning ahead

### Procrastination

- **Challenge:** Persistent difficulty initiating tasks despite knowing they need to be done
- **Effect:** Postponing tasks until the last minute, avoiding important responsibilities
- **Impact:** Creates stress, rushed work, and potential missed opportunities

- **Common Experiences:** Waiting until deadline pressure forces action, finding other tasks to do instead of priority items, perfectionism leading to delayed starts, task paralysis when facing complex projects, difficulty starting even enjoyable activities, spending excessive time on preparation instead of actual work

## Communication and Social Interaction

### Social Communication

- **Challenge:** Difficulty with typical social cues and maintaining conversations
- **Effect:** May struggle with small talk, reading body language, or social norms
- **Impact:** Can affect relationship building and social confidence
- **Common Experiences:** Social exhaustion, interpreting social situations differently

### Presenting Ideas

- **Challenge:** Difficulty organising thoughts for presentation to others
- **Effect:** May struggle to convey thoughts and ideas clearly
- **Impact:** Can affect academic/professional presentations and verbal explanations
- **Common Experiences:** Getting lost in details, struggling to find the right words, presenting excessive or seemingly unrelated information

### Listening and Processing

- **Challenge:** Difficulty processing verbal information in real-time
- **Effect:** May miss important details or struggle to follow conversations
- **Impact:** Can affect learning, work meetings, and social interactions
- **Common Experiences:** Need for information repetition, better processing with visual aids

## Emotional and Sensory Experiences

### Emotional Regulation

- **Challenge:** Difficulty managing emotional responses and intensity
- **Effect:** May experience emotions more intensely or have delayed emotional processing
- **Impact:** Can affect relationships and daily emotional stability
- **Common Experiences:** Emotional overwhelm, difficulty calming down

### Rejection Sensitivity

- **Challenge:** Heightened sensitivity to perceived rejection or criticism
- **Effect:** Strong emotional responses to real or perceived rejection
- **Impact:** Can affect self-esteem and relationship dynamics
- **Common Experiences:** Avoiding potential rejection, overthinking social interactions

### Sensory Processing

- **Challenge:** Heightened or reduced sensitivity to sensory stimuli
- **Effect:** Can be overwhelmed by environmental stimuli
- **Impact:** Affects comfort in various environments and daily activities
- **Common Experiences:** Sensitivity to sounds, lights, textures, or smells

### Anxiety and Stress Management

- **Challenge:** Increased susceptibility to anxiety and stress
- **Effect:** May experience more frequent or intense worry and stress responses
- **Impact:** Can affect daily functioning and well-being
- **Common Experiences:** Overthinking, physical stress symptoms

## Adaptation and Routine

### Change Management

- **Challenge:** Difficulty adapting to changes in routine or environment
- **Effect:** May experience stress or resistance to transitions

- **Impact:** Can affect flexibility in daily life and work
- **Common Experiences:** Stress during transitions, need for predictability, difficulties starting new tasks

## Following Routines

- **Challenge:** Difficulty establishing or maintaining consistent routines
- **Effect:** May struggle with daily structure and habits
- **Impact:** Can affect daily productivity and stability
- **Common Experiences:** Irregular sleep patterns, inconsistent daily routines

## Learning and Information Processing

### Reading and Writing

- **Challenge:** Difficulties with written expression or reading comprehension
- **Effect:** May struggle with processing text or expressing thoughts in writing
- **Impact:** Can affect academic/professional performance
- **Common Experiences:** Slow reading speed, difficulty organising written thoughts

### Memory

- **Challenge:** Inconsistent memory patterns and recall difficulties
- **Effect:** May have excellent long-term memory but struggle with working memory
- **Impact:** Affects daily tasks, learning, and information retention
- **Common Experiences:** Forgetting important appointments or tasks, difficulty remembering verbal instructions, strong memory for topics of special interest, struggling to hold multiple pieces of information at once, inconsistent recall of recent events, difficulty remembering names or faces

### Note-Taking

- **Challenge:** Difficulty capturing and organising information in written form
- **Effect:** Struggles with traditional note-taking methods and information organization
- **Impact:** Can affect learning, meeting participation, and information management

- **Common Experiences:** Getting lost between listening and writing, missing key points while trying to write previous ones, difficulty organising notes in a logical structure, struggling to maintain neat handwriting while keeping pace, taking too many or too few notes, difficulty synthesising information while noting it down

## Energy and Physical Experiences

### Energy Management

- **Challenge:** Irregular energy patterns and difficulty with stamina
- **Effect:** May experience energy fluctuations throughout the day
- **Impact:** Can affect consistent performance and activity levels
- **Common Experiences:** Energy crashes, need for recovery periods

### Restlessness

- **Challenge:** Physical or mental restlessness
- **Effect:** Difficulty staying still, on task or quiet for extended periods
- **Impact:** Can affect focus and comfort in various settings
- **Common Experiences:** Need for movement, difficulty with sedentary tasks