

Autistic Strengths

- Having special interests that we are passionate about – many autistic adults work or study in an area related to their Splns!
- Memorizing and learning information quickly (especially when it pertains to special interests)
- Having a good long-term memory
- [Monotropism](#) and the ability to hyperfocus on tasks that interest us
- Recognizing, observing, and identifying patterns, and recognizing when something falls outside of a pattern
- Noticing details that other people may miss
- Having a strong sense of loyalty
- Planning ahead of time; usually a skill we develop as we plan around social interactions, sensory needs, and triggers
- Being very punctual, especially if time is a special interest
- Having a strong understanding of policies and procedures, and adhering to them
- Sorting skills, such as lining up objects or colour-coding books and materials
- Hyperlexia, or reading skills beyond our years coupled with an enjoyment of reading
- Knowing yourself, especially for those who do not care about social norms
- Being honest and not afraid to speak the truth
- Having a strong love for nature and a special connection with animals
- Having a strong sense of justice, and being willing to stand up for your beliefs
- Critical thinking skills, and leading with facts rather than feelings
- Bonding and communicating with other autistic people
- Having innovative problem-solving skills
- Creative expression, as we are used to thinking “outside the box” of neurotypical norms. This may just seem like “thinking” to us, but from an outside allistic perspective, it is a skill of great value!