

# Neurodivergent Traits

BACKGROUND INFORMATION
<i>Name, Age, Date of Birth</i>
<i>Brief introduction of who you are, what you do for fun and/or work, why you are seeking a diagnosis</i>

## 1. PERSONALITY (BRIEF OVERVIEW)

	<b>Adulthood</b>	<b>Childhood Examples</b>
<b>TRAITS</b> <i>(comment on personality traits - and give specific examples/stories where you can)</i>	<ul style="list-style-type: none"> <li>▪ e.g., Logical</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., Disliked social hierarchies / nonsensical rules</li> </ul>
<b>INTERESTS</b> <i>(comment on interests, hobbies, preferences, etc. - and give specific examples/stories where you can)</i>	<ul style="list-style-type: none"> <li>▪ e.g., Reading non-fiction</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., Reading (esp. about _____)</li> </ul>

## 2. THINKING/LEARNING STYLE

	<b>Adulthood</b>	<b>Childhood</b>
<b>PROCESSING</b> <i>(comment on how you communicate, difficulties w communication, how you think / make meaning / remember, how you best absorb information, situations when it is hard for you to understand information, etc. - and give specific examples/stories where you can)</i>	<ul style="list-style-type: none"> <li>▪ e.g., Appreciation for direct communication, clarity, precision</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., Have always needed to know the “why”</li> </ul>
<b>LITERAL THINKING</b>		

<p><i>(comment on times you have interpreted things literally or had misunderstandings because of literal thinking. etc. - and give specific examples/stories where you can)</i></p> <p><b>OUTPUT</b> <i>(situations and ways it is easiest to express yourself and your ideas; situations when it has been difficult to express your thoughts and wishes, etc. - and give specific examples/stories where you can)</i></p> <p><b>EXECUTIVE FUNCTIONING (Good, Bad, Ugly)</b> <i>(Comment on organization, planning, self-monitoring, and completing tasks, remembering items to do, following through, multi-tasking, prioritizing, etc. - and give specific examples/stories where you can)</i></p>	<ul style="list-style-type: none"> <li>▪ e.g., Sometimes read news headlines two or three times before I understand them</li> <li>▪ e.g., Able to self-advocate in professional contexts, preferably by email</li> <li>▪ e.g., Chronically losing keys</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., Often got in trouble for answering teachers' hypothetical questions</li> <li>▪ e.g., Challenges with physical writing</li> <li>▪ e.g., Messy desk, locker</li> </ul>
---	---	---

### 3. SOCIAL-COMMUNICATION DIFFERENCES

	<b>Adulthood</b>	<b>Childhood</b>
<p><b>FEELINGS OF DIFFERENCE</b> <i>(Comment on prevalence of feelings of difference, specific feeling words)</i></p>	<ul style="list-style-type: none"> <li>▪ e.g., Feel uneasy in social gatherings</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., Experienced social exclusion from Gr. 4 on</li> </ul>

<p><i>you relate to, and situations when you have felt different from others, and times others have treated you differently, bullied you, etc. - and give specific examples/stories where you can)</i></p> <p><b>SOCIAL CUES</b> <i>(Comment on how you are misinterpreted by others, situations when you find it difficult to interpret others, specific cues that are harder for you, 'norms' that are 'weird' to you, etc. - and give specific examples/stories where you can)</i></p> <p><b>FRIENDSHIPS/ RELATIONSHIPS</b> <i>(Comment on quality/quantity of relationships, what tends to work or not work, how you prefer engaging with others, interactions which are not appealing to you, confusion/ response to conflicts / trauma you have experienced in relationships, etc. - and give specific examples/stories where you can)</i></p> <p><b>MASKING EXAMPLES &amp; SOCIAL EXHAUSTION/ COST</b></p>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Significant overthinking about what my face is doing during conversations</i></li>   <li>▪ <i>e.g., – Few consistent close friends until adulthood</i></li>   <li>▪ <i>e.g., After a social event, need to do nothing the next day</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Thought my teacher didn't see me when my hand was raised and I wasn't picked</i></li>   <li>▪ <i>e.g., Gravitated to other suspected ND children and adults</i></li>   <li>▪ <i>e.g., Briefly tried to wear brand names like other kids</i></li> </ul>
---	---	--

<p><i>(Comment on the cost of socializing, results of your best efforts, how draining or restoring specific relationships can be, etc. - and give specific examples/stories where you can)</i></p> <p><b>COMPENSATORY STRATEGIES</b>  <i>(Comment on ways you have coped with social expectations, interactions, demands of others, etc. - and give specific examples/stories where you can)</i></p>	<ul style="list-style-type: none"> <li>▪ e.g., Negotiate with self – “I must go to the party but I can leave after an hour”</li> </ul>	<p><i>but found the clothing uncomfortable and was always months behind the trends</i></p> <ul style="list-style-type: none"> <li>▪ e.g., People pleased with other children and teachers</li> </ul>
--	--	--

#### 4. EMOTIONAL REGULATION

	<b>Adulthood</b>	<b>Childhood</b>
<p><b>GENERAL STATE OF BEING &amp; EMOTIONAL AWARENESS</b>  <i>(Comment on your baseline emotional states on most days, how you process everyday emotions, your experience of the feeling of empathy, etc. - and give specific examples/stories where you can)</i></p> <p><b>MOST AT EASE</b>  <i>(Comment on where and when you feel most at ease, etc. - and give specific examples/stories where you can)</i></p>	<ul style="list-style-type: none"> <li>▪ e.g., Difficulty ‘relaxing’</li>   <li>▪ e.g., When alone or in nature</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., ‘bubbly’ in early childhood, quieter and more serious with age</li>   <li>▪ e.g., When reading a novel</li> </ul>

<p><b>CRISIS RESPONSE</b> (Comment on your response to strong emotions and problems - and give specific examples/stories where you can)</p>	<ul style="list-style-type: none"> <li>▪ e.g., Freeze, trouble formulating thoughts to words in conflicts</li> </ul>	<p>e.g., Shutdown, fell asleep</p>
<p><b>COPING, STRATEGIES, &amp; PROBLEM-SOLVING</b> (Comment on both adaptive and maladaptive ways you responded to strong emotions once you were able to - and give specific examples/stories where you can)</p>	<ul style="list-style-type: none"> <li>▪ e.g., Extreme rumination for years over little mistakes such as _____</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., Solitary problem-solver – didn't tell anyone</li> </ul>
<p><b>TRIGGERS</b> (Comment on reliable emotional triggers and situations that elicit strong reactions for you - and give specific examples/stories where you can)</p>	<ul style="list-style-type: none"> <li>▪ e.g., Injustice in the world</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., Adults breaking their word</li> </ul>

## 5. SENSORY

	<b>Adulthood</b>	<b>Childhood</b>
<p><b>AUDITORY</b> (Comment on various sensory inputs and whether heightened or lessened in certain situations - and give specific examples/stories where you can)</p>	<ul style="list-style-type: none"> <li>▪ e.g., Cannot hear when I hyperfocus</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., painful when adults yelled</li> </ul>
<p><b>VISUAL</b> (see auditory note)</p>	<ul style="list-style-type: none"> <li>▪ e.g., Bright lights bother me</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., Difficulty seeing ball in motion</li> </ul>

<p><b>TASTE</b> (see auditory note)</p> <p><b>TOUCH</b> (see auditory note)</p> <p><b>OLFACTORY</b> (see auditory note)</p> <p><b>PROPRIO/VESTIB</b> (see auditory note)</p> <p><b>INTEROCEPTION</b> (see auditory note)</p> <p><b>STIMS / COMFORTING SENSATIONS</b> (Comment on pleasurable sensations that calm you or channel your energy / emotions - and give specific examples/stories where you can)</p>	<ul style="list-style-type: none"> <li>▪ e.g., Love spicy food, strong tastes</li> <li>▪ e.g., Feel sick when I touch texture of _____</li> <li>▪ e.g., Weak sense of smell</li> <li>▪ e.g., Fear falling on stairs</li> <li>▪ e.g., Don't always realize when hungry/thirsty</li> <li>▪ e.g., Leg shaking</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., Hated taste/ texture of _____</li> <li>▪ e.g., Under-sensitive to cold</li> <li>▪ e.g., Sought out strong smells like _____</li> <li>▪ e.g., Clumsy, poor balance</li> <li>▪ e.g., Couldn't easily tell when / where I felt pain</li> <li>▪ e.g., Enjoyed deep pressure of hiding in small spaces</li> </ul>
---	---	---

## 6. THINGS I'M RIGID ABOUT

	<b>Adulthood</b>	<b>Childhood</b>
<p><b>RULES</b> (Comment on rules you live by or want others to abide by also. Consider asking folks who know you well what they have noticed about your rules and expectations - and give specific examples/stories where you can)</p> <p><b>RESPONSE TO CHANGE</b> (Comment on how you handle change for better)</p>	<ul style="list-style-type: none"> <li>▪ e.g., I will never jaywalk</li> <li>▪ e.g., Had difficulty changing holiday traditions for new partner</li> </ul>	<ul style="list-style-type: none"> <li>▪ e.g., I would avoid using public washrooms at all costs</li> <li>▪ e.g., Ordered the same food at restaurants</li> </ul>

<p><i>or for worse in various situations - and give specific examples/stories where you can)</i></p> <p><b>DISLIKES / PET PEEVES</b> <i>(Comment on ideals / values / dislikes / pet peeves you have - and give specific examples/stories where you can)</i></p> <p><b>COLLECTIONS</b> <i>(Comment on items, lists, ways of sorting digital information that might be considered a kind of collection - and give specific examples/stories where you can)</i></p>	<ul style="list-style-type: none"> <li>▪ <i>e.g., When people don't actually want to know how you really are</i></li> <li>▪ <i>e.g., Shoes</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>e.g., The trend of _____ which everyone else liked or pretended to like</i></li> <li>▪ <i>e.g., Baseball cards</i></li> </ul>
---	---	---

## 7. PERCEPTIONS OF OTHERS

	<b>Adulthood</b>	<b>Childhood</b>
<p><b>PARTNERS</b> <i>(Comment on perceptions of you held by specific individuals in your life who have pointed out you might be autistic or neurodivergent in some way – and give specific examples/stories where you can)</i></p> <p><b>FRIENDS/FAMILY</b> <i>(see partner note)</i></p>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Past boyfriend asked whether I might be autistic</i></li> <li>▪ <i>e.g., Consider me reliable</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Always asked if I was upset</i></li> </ul>

<b>IMMEDIATE COLLEAGUES/PEERS</b> <i>(see partner note)</i>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Value my work and subject knowledge</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>e.g., 'Weird', 'Geek'</i></li> </ul>
<b>BOSSES / TEACHERS</b> <i>(see partner note)</i>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Commented on my productivity</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Smart but never handed in assignments on time</i></li> </ul>

## 8. Physiology

	<b>Adulthood</b>	<b>Childhood</b>
<b>HEALTH CONCERNS &amp; OTHER DIAGNOSES</b> <i>(Comment on health conditions and concerns you have identified – and give specific examples/stories where you can)</i>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Flat feet</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Asthma</i></li> </ul>
<b>POSSIBLE HEALTH CONCERNS</b> <i>(Comment on health conditions and concerns that may be worth exploring with a physician – and give specific examples/stories where you can)</i>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Some traits of hypermobility?</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>e.g., Ongoing headaches</i></li> </ul>