

## The Positives of Autism

Understanding, embracing and celebrating different ways of thinking and doing can release the true power of your mind. This handout details just some of the many positive features of Autism. Every experience of Autism is unique, and no one will identify with every feature. We all have individual skills, attributes and characteristics that are as unique as our personalities. This is the power of neurodiversity.

### Attention to detail

Thoroughness  
Accuracy

### Methodical Approach

Analytical  
Spotting patterns,  
repetition

### Deep Focus

Concentration  
Freedom from distraction

### Novel Approaches

Unique thought process  
Innovative solutions

### Observational Skills

Listen, look, learn  
approach  
Fact finding

### Creativity

Distinctive Imagination  
Expression of ideas

### Absorb and retain facts

Excellent long-term  
memory  
Superior recall

### Tenacity and Resilience

Determination  
Challenge Opinions

### Visual Skills

Visual learning and recall  
Detail-focused

### Accepting of Difference

Less likely to judge others  
May question norms

### Expertise

In-depth knowledge  
High level of skill

### Integrity

Honesty and loyalty  
Commitment