

Neurodivergent Test

1. Communication and Social Interaction:

Do you find it challenging to interpret social cues or understand non-verbal communication?

- Yes
- No

Are large social gatherings overwhelming or anxiety-inducing for you?

- Yes
- No

Do you have specific routines or preferences in social interactions?

- Yes
- No

2. Sensory Sensitivities:

Are you particularly sensitive to bright lights, loud noises, or specific textures?

- Yes
- No

Do you find it difficult to filter out background noise in busy environments?

- Yes
- No

Are there certain sensory experiences that cause discomfort or distress?

- Yes
- No

3. Attention and Focus:

Do you often find it hard to stay focused on a task for an extended period?

- Yes
- No

Are you easily distracted or prone to daydreaming?

- Yes
- No

Do you have specific strategies or habits to help you concentrate?

- Yes
- No

4. Learning and Work Patterns:

Do you have a unique way of learning that differs from traditional methods?

- Yes
- No

Are you exceptionally skilled or interested in a specific area or topic?

- Yes
- No

Do you struggle with certain academic or work-related tasks?

- Yes
- No

5. Repetitive Behaviors and Interests:

Do you engage in repetitive movements or behaviors, like hand-flapping or pacing?

- Yes
- No

Are you intensely interested in specific topics or activities, often to the exclusion of others?

- Yes
- No

Do you prefer routines and get distressed when they are disrupted?

- Yes
- No

6. Emotional Well-being:

Do you experience heightened anxiety or stress in certain situations?

- Yes
- No

Are mood swings or emotional intensity part of your daily experiences?

- Yes
- No

Are there specific activities or environments that help regulate your emotions?

- Yes
- No