

# 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:

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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