Strengths Associated with Autism

Social Communication

- Flexibility in Communicating & Online Connections
- Sense of Justice
- Social Non-Conformity
- Connecting Across Age Groups
- Honesty/Direct Communication
- Neurodivergent Connections and Advocacy
- Appreciation of Solitude

Processing Differences, Special Interests, and Systems

- High Tolerance for/ Ability to Thrive on Routine
- Passion, Energy, Mastery of Focused Interests
- Systemizing
- Unique Sensory Processing and Coping (Associated with Art, Music, Joy, and Awe)
- Attention to Detail
- Spatial Awareness, Mechanical Inclination

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