Common Traits -Updated - February 2023 Katy Higgins Lee, MFT not to be used Needing routine. order, and/or clear expectations for diagnosis/ Motor skills (especially when Tendency to impacted under stress) tending paths hyperfocus on a identification Soothed/stimulated Preference for few interests for through repetitive interpersonal an extended behaviors, movements, connection (Overlapping areas period of time sounds, and thoughts through are shared traits) ("Stims") interests Pattern Differences in verbal and non-verbal recognition communication and Tendency toward interactions Hyper and/or hypo-awareness of sensory information Preference for concrete thinking/difficulty direct with abstract communication thinking Ability to Alexithymia (difficulty identifying notice details Interoception and naming feelings) Needing time Stimming Preference differences spent in solitude/ for Differences in impulse control contemplation Processing logic and Tendency **Emotional** sensitivity speed Preference fairness toward abstract Different Difficulty with impacted for precision in thinking perception transitions due to of time Sensory Interest-differences expression Atypical social interactions challenges with Rapid comprehension switching focus and/or "skip" thinking Thinking in Hyperactivity (physical and/or mental) Asynchronous development systems Unique ways of learning Social interactions Divergent/ creative affected by Working impulse control Early emotional Executive thinking memory Intense curiosity and focus Fascination with awareness impacted function difficulties differences theory Giftedness Craving novelty Wide range of interests Awareness of and Early concern for Easily bored need for (and ongoing **RSD** (Rejection Thinking in complexity need to explore) Sensitive metaphor and existential issues Differences in Dysphoria) Needing symbol regulating Tendency to make interpersonal attention (hyper-Learning in a nonconnection connections focus when linear manner through shared Needing across domains interested and interest in movement or difficulty focusing Tendency to complexity fidgeting/stimming when not predict consequences to aid in focus interested) and foresee problems Ability to respond quickly in crisis Needing intellectual stimulation/mental situations/emergencies challenges