

# Strengths Commonly Associated with ASD

As with all things, having Asperger's Syndrome or ASD is a mixed bag of characteristics, some of which are helpful, and others that present challenges. Although every individual will have their own unique set of strengths, the following is a short list of some of the most common strengths and positive characteristics associated with having ASD or an otherwise neurologically diverse profile:

- Excellent memory for certain facts and details
- Above average intelligence
- Intense ability to focus and attend to tasks
- Often skilled at finding and identifying patterns
- Ability to find novel connections between ideas and facts that result in new and meaningful insights
- Ability to perceive errors that are not apparent to others
- Persistence of thought—eg., may research a subject until they are highly knowledgeable
- Resistance to being swayed by social convention, allowing for consideration of unpopular or unusual possibilities
- Original perspectives on problem-solving
- Skilled at entrepreneurial enterprises
- Logical thinking that is resistant to the pitfalls of emotional reactions
- Steadfast loyalty

- Tolerant of others' idiosyncrasies and quirks
- A strong sense of justice
- Honesty
- Clear moral beliefs
- A quirky and fun sense of humor that others enjoy—often great at word play
- Kind and gentle behavior
- A well developed vocabulary
- Creative talents, able to think “outside the box”
- Talented at languages, accents and/or impersonations
- Ability to perform without stage fright
- Reliable and dependable to others
- Able to regard others at “face value” without succumbing to stereotypes
- Values authenticity
- When engaged in something, able to be fully “present” in the moment
- May have perfect pitch
- Three-dimensional or excellent spatial thinking for developing designs and solutions
- Skilled at mechanical activities or construction
- And so on...