# **Autistic Strengths**

(Cherewick & Matergia, 2024)

### PERCEPTUAL Strengths

- Discernment
- Acuity
- Memory
- Sensory-seeking/ sensitivity

#### REASONING Strengths

- Attention to detail
- Problem solving
- Pattern recognition
- Hypersystematizing

## **EXPERTISE** Strengths

- Special interests
- In-depth knowledge
- Hyperfocus/deep focus

## CHARACTER Strengths

- Non-judgement
- Fairness/justice
- Creativity/curiosity
- Honesty/integrity
- Humor

Image created by J. Pusateri, 2025