

Neurodiversity Profile Summary

This is a list of patterns in neurodiverse women. It is not an exhaustive list but contains a wide variety of categories to help you feel confident in your understanding of your profile. This information is not collected to diagnose but simply to inform and direct your advocacy journey. This is also a great resource to keep and share with your medical, health or wellness professionals when describing your profile or advocating for your needs. If you have any questions please feel free to contact us via email: carlie@womenunmasked.ca

Sensory Sensitivities

- ☐ Sensitive to loud sounds
- ☐ Sensitive to soft sounds (Misophonia)
- ☐ Sensitive to temperature (gets unbearably uncomfortable being too hot or cold)
- ☐ Sensitive to touch (being touched, receiving physical affection)
- ☐ Sensitive to tactile inputs (certain clothing or materials bother your skin and feel 'icky')
- ☐ Sensitive to strong or offensive smells
- ☐ Sensitive to substances (alcohol, nicotine, hormones, toxins, drugs)
- ☐ Sensory seeking behaviour (stimming, needing sensory input, feeling understimulated)
- ☐ Sensory avoidant behaviors (aversion to textures, sounds, smells, sights, inputs)
- ☐ Sensitive to stimuli when focused on a task (you are irritable when someone interrupts you while focused)
- ☐ Uncomfortable in crowded or noisy places (malls, gyms, theatres)

- ☐ Picky or specific diet (avoidant or restrictive diet by nature)
- ☐ Sensitivity to food textures
- ☐ Overstimulated easily by layers of noise (multiple noises or inputs occurring at once like in a restaurant environment or busy household)
- ☐ Other:

Emotional and Social Processing

- ☐ Empathic to the point of overwhelm (sometimes you help or give more than you really have to offer)
- ☐ Takes criticism to heart - sensitive to rejection
- ☐ Fears others opinions and judgements to an overwhelming degree
- ☐ Becomes hurt if others question or doubt your work
- ☐ Questions if they are normal
- ☐ Struggles to manage and express emotions
- ☐ Anxiety (general anxiety or panic attacks), running thoughts
- ☐ Obsessive compulsive tendencies (to a small or great extent)
- ☐ Sensitive to stimuli when focused on a task (you are irritable when someone interrupts you when you are focused)
- ☐ Experience frequent emotional meltdowns or shutdowns (whether dramatic or private/internal)
- ☐ Consistently ruminates and worries about minor details
- ☐ Feeling constantly exhausted or overwhelmed
- ☐ Anxious, running thoughts
- ☐ Difficulty or dislike for maintaining small talk
- ☐ Difficulty describing your feelings and where you feel them in the body
- ☐ Overly aware of inability to create and maintain 'normal' eye contact
- ☐ Difficulty filtering out background noise or thoughts during a conversation
- ☐ Difficulties with unexpected changes to routine or plans

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- ☐ Difficulty identifying feelings until/unless they are extreme or overwhelming
- ☐ Difficulties with maintaining financial stability
- ☐ Difficulty maintaining a job
- ☐ A small fight, rejection or disagreement can often feel like the end of the world or a collapse of a relationship
- ☐ A small compliment might boost you into a state of bliss
- ☐ You wonder if your intense emotions are normal
- ☐ Other:

Social and Communication Patterns

- ☐ Intuitive of others feeling but often misunderstanding tone
- ☐ Unintentionally coming across as blunt or rude, often offending people
- ☐ Literal thinking (black and white, yes or no)
- ☐ Misinterprets sarcasm often but is able to use it in a conversation with ease (feeling gullible at times, missing the joke)
- ☐ Misunderstands social rules (unsure when to add to a conversation, interrupts others)
- ☐ Uncomfortable in a public changing room (being vulnerable in public)
- ☐ Monopolizes conversations
- ☐ Feels unable to add to conversations without a strong lead from the other person
- ☐ Confused by the rules of body language, eye contact or tone in conversation
- ☐ Constantly feels like you are attempting to communicate 'correctly'
- ☐ Difficulty following long stories or conversations without distraction
- ☐ Difficulty reading someone's expression or interpreting their feelings

- ☐ Feeling isolated or unable to relate to others
- ☐ Imitates others style, language or mannerisms without realizing it or to maintain a relevant connection
- ☐ Tendency to overshare
- ☐ Struggles with initiating or maintaining friendships
- ☐ Feels like an outsider in social settings
- ☐ Feels misunderstood in conversation
- ☐ Misunderstood as arguing when attempting to gain clarity
- ☐ Other:

Cognitive and Executive Functioning

- ☐ Brain fog
- ☐ Poor executive functioning skills (you know you need to do the tasks, but you just can't seem to. This could be as simple as hygiene or cleaning up after yourself.)
- ☐ Difficulty making decisions and plans
- ☐ Difficulty organizing thoughts and/or tasks
- ☐ Difficulty with working/short-term memory
- ☐ Difficulty with time management
- ☐ Difficulty following a multi-step task without referencing instructions often
- ☐ Repetitive behaviors
- ☐ Tends to procrastinate mundane tasks
- ☐ Loses or misplaces things frequently
- ☐ Trouble comprehending multiple steps or complex directions when limited instruction has been given
- ☐ Difficulty learning new things (driving, new sports, new tasks at work)
- ☐ Learning a new task is challenging, but once understood it becomes easy to master
- ☐ Many questions come to mind when given a new task or bit of information
- ☐ Other:

Mental and Emotional Health

- ☐ Chronic fatigue, exhaustion (physical, mental, emotional)
- ☐ Poor sleep (quality, quantity)
- ☐ Eating Disorder (anorexia, bulimia, ARFID, binge eating)
- ☐ PTSD/CPTSD
- ☐ Mood swings
- ☐ Depression
- ☐ Immune challenges
- ☐ OCD Tendencies (obsession with time, order, cleanliness - to a small or great extent)
- ☐ PMDD (Premenstrual Dysphoric Disorder)
- ☐ Feelings of doom or lingering danger
- ☐ Feelings of polar opposite emotions in short periods of time (multiple mood swings within a single day)
- ☐ Feels burnt-out consistently
- ☐ Feeling trapped between wanting to fit in and being yourself
- ☐ Escapes regularly through imagination or fantasy
- ☐ Other:

Self-Awareness and Identity

- ☐ Disconnected from yourself, unsure who you are
- ☐ Extremely self-aware
- ☐ Tendency to adapt personality to avoid ridicule
- ☐ Questions social norms or rejects them
- ☐ Feels younger on the inside than on the outside
- ☐ Feels out of place in social groups
- ☐ Tries to modify behavior to please others or to fit in
- ☐ Feels like their life is a movie, like they are being watched or judged at all times
- ☐ Other:

Behavioral and Emotional Responses

- ☐ Treating friends or others as 'pawns' in your life - intentionally or unintentionally
- ☐ Behavior often misinterpreted as controlling or narcissistic
- ☐ Reacts strongly to small inconveniences (emotional outbursts)
- ☐ Feels overwhelmed even by the smallest of tasks
- ☐ Feels exhausted by forced social encounters
- ☐ Addictive behaviors (smoking, drugs, alcohol, self-harm, nail biting)
- ☐ Uncomfortable being perceived by others
- ☐ Other:

Physical And Sensory Challenges

- ☐ Finds unexplained bruises often
- ☐ Clumsy or easily injured
- ☐ Difficulty with gross or fine motor skills (gross - examples include poor coordination, bad at sports or dancing. fine - examples include difficulties with dexterous work such as tying small knots or assembling and painting a small scale model)
- ☐ Drops small objects frequently
- ☐ Difficulties with tasks requiring patience or dexterity
- ☐ Physical discomfort in joints or muscles from posture or sleep
- ☐ Poor balance or coordination
- ☐ Other:

Self-Stimulating Behaviours

- ☐ Skin picking, scab picking
- ☐ Teeth tapping

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- ☐ Cheek biting
- ☐ Blinking in pattern
- ☐ Picking eyelashes or eyebrows
- ☐ Rubbing tongue along teeth in pattern
- ☐ Clearing throat
- ☐ Curling or tapping toes
- ☐ Playing with hair
- ☐ Cracking knuckles
- ☐ Rubbing hands or fingers together
- ☐ Tucking hands between legs
- ☐ Clenching fists or teeth
- ☐ Pacing
- ☐ Shaking or moving body (rocking or shaking hands, arms, feet, legs)
- ☐ Listening to the same song or show on repeat for comfort
- ☐ Chewing (pens, jewelry, clothing)
- ☐ Humming or singing randomly
- ☐ Blurting out phrases, songs, or quotes when alone or with others
- ☐ Other: