

# Exploring Your Strengths and Sticking Points



Building a  
Neuroinclusive  
School

There's no one right way for a brain to work. Everyone's brain has its own patterns... ways of thinking, feeling and responding that shape how we learn and connect. This reflection is about understanding your patterns so you can use your strengths to thrive, and work in partnership with your brain, not against it.

## WHAT TO DO HERE:

- Highlight the things that apply most to you.
- Add more ideas as you go.

## Thinking and Learning



## Feelings and My Inner World



## Connecting and My Outer World



### Strengths

- I see patterns, ideas, and connections others might miss
- I generate lots of possibilities and creative solutions
- I remember details or specific information really well
- I think logically and enjoy reasoning things through
- I can focus intensely on topics that interest me
- I know how I learn best
- I have deep knowledge about things I'm interested in
- When I set a goal, I can work steadily toward it

### Strengths

- I experience emotions deeply
- Fairness and justice matter a lot to me
- I notice a lot how other people are feeling
- I care about doing well and meeting my own standards
- I feel highly motivated when something is important to me
- My interests bring me real energy and focus
- I enjoy being my own unique self

### Strengths

- I 'get' social expectations, even if I don't always agree with them
- I know what kind of friendships work best for me
- I prefer thoughtful or deep conversations over small talk
- I notice small changes in people or environments
- I can flex to function well in a range of different contexts
- I work well when the environment suits me

### What else?

### What else?

### What else?



### Also ponder

How do some of these show up for you? INTENSELY!... Some of the time... Depending on the context... OR... When do some of these show up for you most? At school... At home... With friends... When I'm stressed... When I'm calm... OR....



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### Sticking Points

- I can get locked into one way of thinking
- I either overlook small details or get stuck on them
- I find it hard to show what I know in writing
- I rush tasks or lose interest quickly
- I can lose track of time
- Getting started can feel harder than doing the task
- Switching between tasks is difficult
- It's hard to keep track of instructions, deadlines, or materials

### Sticking Points

- My emotions can feel intense or overwhelming
- I get frustrated quickly when things don't go as expected
- I can shut down or give up when something feels hard
- I worry about mistakes or aim for perfection
- I sometimes feel uncomfortably different from people around me

### Sticking Points

- I can dominate conversations without meaning to
- I feel like I can't see what I really mean
- I don't quite 'get' social situations sometimes
- I don't always keep track of multi-step instructions
- Noise, light, or busy spaces can overwhelm me
- Unexpected changes really throw me off
- I might not 'look like' I'm thinking or working hard, when I actually am

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