



10 Subtle Signs of Neurodivergence

Fluctuating focus – Periods of deep concentration followed by sudden disengagement

Fatigue after learning – Exhaustion from tasks that require sustained attention

Inconsistent performance – Strong one day, struggling the next

Avoidance behaviours – Lateness, “forgetting” materials, or bathroom breaks to escape

Sensitivity to noise or light – Distraction or distress in a busy environment

Overwhelm in groups – Retreating, freezing, or shutting down under social load

Literal interpretation – Difficulty with sarcasm, idioms, or open-ended instructions

Perfectionism or frustration – Giving up quickly if something feels “too hard”

Emotional outbursts – Sudden tears, anger, or laughter that seem out of context

Social mismatch – Eager to connect but missing cues or dominating conversations

Tip: Look for patterns over time, not single incidents. These are signs to observe, not diagnose.



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