



Could I Be Neurodivergent?

A Self-Reflection Quiz

Many neurodivergent adults—especially autistic people—go through life feeling “different” without ever having the words or support to explain why.

If you’re beginning to wonder whether autism or another form of neurodivergence might be part of who you are, you’re not alone.

This checklist* is based on current research and lived experience. It is NOT a diagnostic tool, but it may help you reflect on your experience and decide whether connecting with a specialist psychologist at Neuronexus Psychology could offer you clarity and support.

QUIZ

Consider the following questions and reflect on how often these experiences occur in your life.

Communication & Connection

- I sometimes feel out of step with social expectations or group dynamics
- I prefer deep, meaningful conversations over casual small talk
- I tend to “rehearse” conversations or social situations in my head
- I sometimes miss or feel unsure about body language, facial expressions, or tone
- I find social situations tiring and need time to recover afterwards

Sensory Experiences

- I have strong preferences or sensitivities to light, sound, textures, smells, or tastes
- Busy or chaotic environments (like shopping centres or group activities) can feel overwhelming or exhausting
- I seek out calming sensory experiences that help me feel grounded
- I’ve had shutdowns, meltdowns, or felt like I needed to “escape” from overstimulation
- I use earphones, sunglasses, or fidget items to regulate my sensory input
- I crave certain sensory experiences—rocking, chewing, pacing, tapping

- I experience synaesthesia (e.g., seeing colours when hearing sounds) or unusual sensory blending

Thinking Patterns, Routines & Interests

- I find comfort and security in having routines or predictability
- Sudden changes or disruptions to plans can be difficult for me
- I have deep interests or passions that I focus on intensely
- I can lose track of time when I'm doing something I love or find fascinating

Emotional & Internal Experience

- I often need time to process emotions and experiences
- I sometimes find it hard to explain or express how I feel (alexithymia)
- I've learned to "mask" or hide parts of myself to fit into social situations
- I've experienced burnout from trying to meet expectations that don't suit how I naturally function
- I sometimes feel like I've been misunderstood or mislabelled

Looking Back: Clues Across the Lifespan

- I've related to descriptions of autism or neurodivergence I've read or seen
- As a child or teen, I was described as "sensitive," "shy," "quirky," or "in my own world"
- I was especially talented and had very specific areas of interest as a child (eg dinosaurs, trains). People may have described me as an "old soul" or
- I've been diagnosed with anxiety, ADHD, OCD, or depression, but feel that something deeper was missed
- Learning about autism in adulthood has felt familiar or validating

Why Explore an Assessment with Neuronexus?

Autism and other neurodivergent identities can show up differently in adults, especially in women, trans and non-binary people, and those who've learned to mask. Seeking an assessment isn't about fixing or labelling yourself. It's about understanding your brain more clearly, on your own terms.

A formal assessment can support:

- Self-understanding and self-acceptance
- Relief and validation
- Access to helpful strategies, supports, or workplace accommodations
- A sense of community and connection with other neurodivergent people

NEXT STEPS - How Neuronexus Psychology Can Support You

At Neuronexus Psychology, we take a neuro-affirming, person-centred approach to autism and neurodivergent assessment. We understand that every brain is different, and we're here to help you explore your identity with respect, depth and care.

Ready to take the next step? Book a consultation with a Neuronexus specialist psychologist for clarity, self-connection and support.



Contact us today:

Web: www.neuronexus.au

Email: admin@neuronexus.au

Phone: 1300 417 000

***This is in no way a diagnosis of autism or indication of any neurodiversity condition; it is simply a self-reflection quiz for individuals who may want to seek support or services.**