



**The Mind reader**  
 I am very good at understanding other people's minds, how they feel, and what they are thinking.

**The Mind reader**  
 I accept when people's beliefs and opinions are different from mine. I can easily agree to disagree.

**The Mind reader**  
 I think that if other people have views that are different from mine, then they must be wrong, and I must correct them.

**The Mind reader**  
 I understand that people sometimes can't tell what is true or what is false.

**The Mind reader**  
 I don't understand how some people don't know what is true or what is false – maybe it's because they aren't clever enough.

**The Mind reader**  
 I understand and accept that it is OK when people believe to be correct the things that I believe to be wrong.

**The Mind reader**  
 I think it is irrational when people say something is correct when I can see that it is clearly wrong.

**The Mind reader**  
 I understand that sometimes people behave in ways that contradict what they say or think, and that this is not out of malice.

**The Mind reader**  
 I believe that people who behave in ways that contradict what they say or think are just hypocrites, or not very clever.



**The Multitasker**  
 I am very good at doing several things at the same time and keeping track of what is happening around me.

**The Multitasker**  
 I can understand what I am feeling and control how I express those feelings.

**The Multitasker**  
 I find it hard to explain my own emotions. Sometimes I find it hard to stay calm and keep in control.

**The Multitasker**  
 I am good at making clear plans and deciding on my priorities.

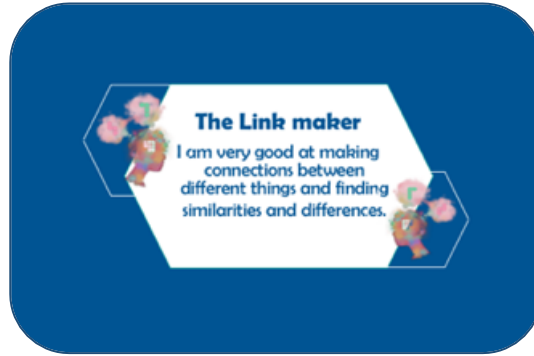
**The Multitasker**  
 I struggle to make plans, or even to decide where to start and what to do next. I spend lots of time trying to work out what to do.

**The Multitasker**  
 I can always keep track of time in my head.

**The Multitasker**  
 I often end up taking much longer on tasks than I thought I would. I don't know where the time goes.

**The Multitasker**  
 I can easily adapt to new situations, new rules, or new routines.

**The Multitasker**  
 I find new situations and changes in routine very challenging. I prefer to stick to what I know and avoid the unexpected.



**The Link maker**

I can always see how things are connected to each other

**The Link maker**

I often don't see how individual things are linked together.

**The Link maker**

I understand things better when they are part of a whole.

**The Link maker**

I prefer to look at things as independent units.

**The Link maker**

I only make decisions once I can see how all the facts are interconnected.

**The Link maker**

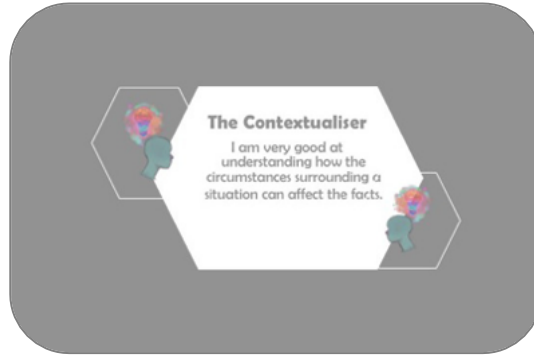
I tend to focus on individual facts to make sense of a situation, without trying to link them together.

**The Link maker**

I can look at the big picture without getting carried away with small details.

**The Link maker**

I often focus on the small, specific details which interest me, and may miss the overarching themes or points.



**The Contextualiser**

I understand that sometimes the same thing can be both right and wrong.

**The Contextualiser**

I believe that something is always either right or wrong, and this does not change.

**The Contextualiser**

I understand that sometimes I may perceive facts differently once I have learned the story behind them.

**The Contextualiser**

I believe that facts are the only, definite truth. It does not matter what the story behind the facts is: it makes no difference to the facts themselves.

**The Contextualiser**

I appreciate that some facts mean different things to different people.

**The Contextualiser**


I think that there is no need to discuss multiple points of view, as there is always one truth no matter how someone feels.

**The Contextualiser**

I believe that a story may still be true even if someone else tells it differently, as there are multiple perspectives of an event.

**The Contextualiser**

I believe that if many people experience the same thing, they should tell exactly the same story - unless someone lies. There is only one true interpretation of what really happened.




**Helpful situation**  
I try to understand why people may have mixed feelings about things and see their actions as a reflection of that and not contradictions or lies.




**Unhelpful situation**  
I find contradictions irritating and sometimes I do not trust people who contradict themselves.




**Helpful situation**  
I do push myself to experience new things every now and then. I prepare for them as much as I can.




**Unhelpful situation**  
I avoid trying new things as I know it will take a long time for me to get used to them and it is uncomfortable not knowing things.




**Helpful situation**  
I try to let people know when I need more time to answer questions, so I normally say something like *I will get back to you with an answer later.*




**Unhelpful situation**  
I do not know how to answer questions about myself or to give quick responses to decisions I need to make, so I shutdown.




**Helpful situation**  
I know that people use figurative language all the time, so I have learned to make notes when I learn a new expression, so I will know it the next time I hear it.



**Unhelpful situation**  
I believe that each word has a meaning and I struggle to understand some common sayings such as *it is raining cats and dogs.*



**Helpful situation**  
I know life is unpredictable, and I struggle with not knowing what is going to happen. So, I always make plan A, plan B and plan C. Just in case.



**Unhelpful situation**  
I find planning ahead challenging as I do not know what will happen next, so cannot make realistic plans.



**Helpful situation**

I avoid noisy places, but if I cannot avoid them and cannot use headphones, I make sure to have enough quiet time afterwards to unload.



**Helpful situation**

Because making choices brings the risk of making mistakes, I learned some strategies to brave the risks and then make choices.



**Unhelpful situation**

I can only focus on one task at a time and find upsetting if there are distractions like noise.



**Unhelpful situation**

I find it difficult to make choices as I am afraid to choose the wrong thing, so sometimes I avoid them altogether.