

1. Bump into things
2. Lose my balance
3. Take longer to answer a question than other people.
4. Lose my keys.
5. Interrupt someone mid-conversation
6. Struggle with the pitch and volume of my voice.
7. Struggle with buttons or zips
8. Forget things like what I've just said.
9. Get lost and have no sense of direction.

15. Sensitive to touch, light or loud noises.
16. Exaggerate movements when I run.
17. Struggle to regulate my emotions so can come across more emotional than others.
18. Often receive compliments for my kindness and thoughtfulness due to my empathetic nature
19. Often think of solutions other people don't think of.
20. Well known for being witty and clever with humour.
21. Always enjoy being creative and often complimented on my creativity.

I'M DYSPRAXIC - ARE YOU?

10. Have to put 100% effort into every task so easily fatigued.

11. Struggle with what order do to tasks in.

12. Over-think things and have a tendency to worry.

13. Lack rhythm and hand eye co-ordination.

14. Struggle with handwriting and my wrist is in agony if I write for more than 5 minutes at a time.

22. Known as a being driven and for my perseverance .

23. Have struggled with low self-esteem and have felt lesser and different from peers.

24. Swimming has always been a challenge - arms and legs at the same time.

25. Low muscle tone and lack core strength

EVERY DYSPRAXIC IS DIFFERENT

We don't all experience the same issues and are affected in different ways and to different extents.

The 25 points above are how it affects me.

Do you recognise yourself?