

A GUIDE FOR AUTISTIC YOUNG PEOPLE

Zigzag Profiles

Why are some things so easy and others so hard?



Many Autistic young people have a big range between things they are really good at and other things they find more difficult.

This can be called a zigzag profile.*

Sometimes having a zigzag profile can hide the things you are really good at or the challenges. It can make it hard for others to see the full picture of who you are and what you need.

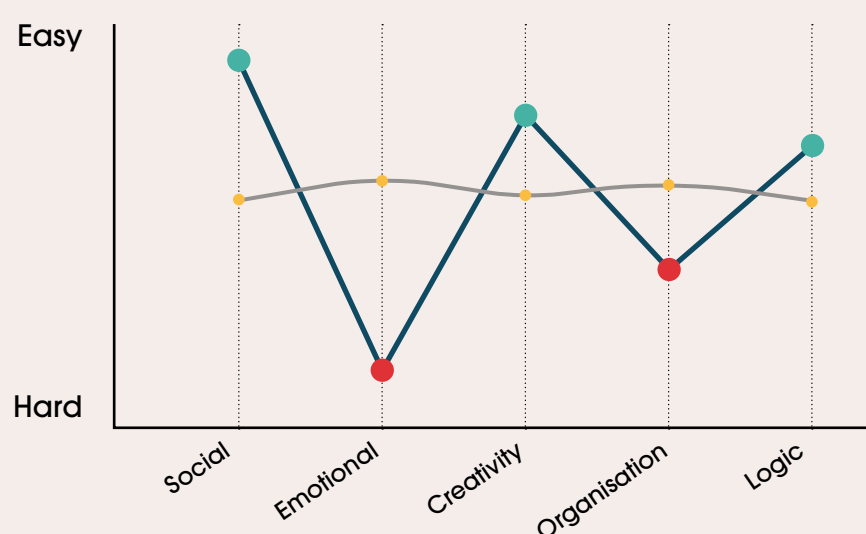


I know what I need to do to answer this, but I don't know how to spell the words or write fast enough.



Skill Profile

— Young person with a zigzag profile
— Average young person



*This is just an example. Every Autistic person has a unique profile across skills.

Being different to other people your age can sometimes be stressful.

You might experience things like:

- Feeling overwhelmed by expectations
- Being bored when things are easy
- Feeling misunderstood

Zigzag profiles can also have benefits.

You may:

- Understand your interests deeply
- Use your strengths to help with challenges
- Have great ideas from thinking differently

Having a zigzag profile doesn't mean there is anything wrong. It is just one way Autistic brains can be different.

Understanding your zigzag profile helps you get the right supports and makes the most of your strengths.



**Zigzag profile is a newer, more affirming term for what has been sometimes called a spiky profile.*

Want to learn more about your zigzag profile and how it makes you unique?

Check out our other resources here:

