interests
& focus

sensory

social

routine &
structure

masking/
anxiety

World's Strongest Man

"Being autistic and going to the gym goes hand-in-hand. When you're in the gym, you need a routine. And obviously, when I found 'Strongman,' it's all routine."

"I always say to use it as a superpower. You know, we're different."

Tom Stoltman

Actor (Hollyoaks)

“I experience the world a hundred times more intensely than other people."

"Every light shines brighter, every smell is stronger - and every word I take to heart that little bit more.”

Tylan Grant

Naturalist & TV Presenter

"I'm not a typical autistic person because there is no typical autistic person!"

Some people say their autism is a 'superpower'. “I see it as a gift, but one which when you open it you don't always get what you want.”

Chris Packham

TV Presenter

"Getting my autism diagnosis was life-affirming - things finally make sense."

"I have differences with:

- memory
- vulnerability
- misunderstanding banter
- anxiety
- focusing on different audio inputs

Melanie Sykes

Model

"It didn't matter how much I tried to fit in, and I really tried, to be part of the sporty group, drama group, then the art group, I just didn't seem to fit in anywhere."

"You hide it (masking) and don't say what you're really thinking because you know it's different."

Christine McGuinness

Swimmer

“I was diagnosed with Aspergers as a teenager due to my communication differences and obsessive behaviour."

“If anything, this has helped me because I have to practise and practise until I get things right"

Jessica-Jane Applegate

Musician

“I’m obsessive, but that’s a vital and useful trait for people in the music business."

"I’m driven and highly focused on things that I’m interested in, like my musical career.”

Gary Numan

Actor

“Autism is central to who I am. To everthing I've achieved."

"To the people who gave me that extra bit of grace and space over the years...

& allowed me to move through the world in a way that made sense to me - thank you”

Wentworth Miller

Artist

"I love being autistic, it's part of my identity. Without it I don't think I'd be the same person I am."

"Being autistic in a world that wasn't made for me definitely makes it difficult for me to be authentic to who I am all the time."

Iqra Babar

Sculptor

"Autism is a gift, a blessing in disguise."

"I focused on art in school because I wasn't very good at maths and literacy. Autism is an extreme ability to do things that other people can't do."

Willard Wigan OBE