

Dyslexia Checklist and Indicators

This leaflet is designed to be a 'loose' list of possible indicators of dyslexia. Even if you tick many of the boxes, this is not an assessment or confirmation of dyslexia, but it might be a useful starting point for people who wonder if they are dyslexic.

There are many strengths associated with dyslexia and they are just as common as some of the weaknesses. People with dyslexia will find some things difficult but often will have other skills to help overcome these difficulties.

Many people with dyslexia will tick lots of these boxes:

- I find it easy to explain a concept or idea but difficult to write it down.
- I read very slowly and might re-read several times before I am sure I understand.
- I lose my place or miss out lines when I am reading.
- I am creative.
- When I write, I confuse words that are similar.
- I often struggle to copy things down accurately.
- I am interested in people and can often see the potential in others.
- I make many spelling mistakes and have difficulty writing things like reports and letters.
- Some days I spell better than others.
- I have problems filling in forms.
- I have difficulty retaining immediate information and I have a reputation for being forgetful or lazy.
- I am good at thinking outside the box and seeing the whole picture.

- I get confused about dates and times.
- I find it difficult remembering telephone messages accurately.
- I find it difficult to organise myself.
- I am good at seeing solutions that other people don't see.
- I dread being given complicated instructions, asked to read out loud or take minutes.
- I find it easy to visualise ideas or concepts.
- I confuse left and right.
- I have difficulty giving directions and following directions.
- I am good at putting myself in someone else's shoes.
- Many of my difficulties get worse under stress.

People who do not have dyslexia might also experience some of these things.

Whilst some of the indicators above might seem negative, it is important to remember that people with dyslexia have many strengths. With the right support, children and adults with dyslexia are capable of reaching their full potential.

Dyslexia Scotland's website has lots of [information about assessment](#) of dyslexia for children and adults.

