



# Indicators of dyslexia

This guide is a list of possible indicators of dyslexia. Even if you tick lots of the boxes, it isn't confirmation that you're dyslexic but it might be useful to help you decide whether to be assessed.

**Many people with dyslexia will tick lots of these boxes:**

- I find it easy to explain a concept or idea but struggle 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 make spelling mistakes and have difficulty writing things like reports
- some days I spell better than others
- I have problems filling in forms
- I have difficulty retaining immediate information and can be forgetful
- I am good at thinking outside the box and seeing the whole picture
- I can 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 can 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.

It is important to remember that people with dyslexia have many strengths as well as challenges. With the right support, children and adults with dyslexia are capable of reaching their full potential.

## Ask our Helpline about dyslexia assessment

Telephone: 0344 800 84 84

Email: [helpline@dyslexiascotland.org.uk](mailto:helpline@dyslexiascotland.org.uk)

Web page: [dyslexiascotland.org.uk/dyslexia-helpline](https://dyslexiascotland.org.uk/dyslexia-helpline)

### Opening hours:

Monday to Thursday: 10am to 4.30pm

Friday: 10am to 4pm

