



01.

Deep interests are particular topics that an Autistic person loves to explore.

They are not “obsessions” or “fixations” in a negative sense. Rather, they typically bring joy, engagement, and knowledge.



02.



They go beyond common stereotypes.

They can be more ‘typical’ interests (like animals, gaming, or fashion) but usually involve far more time, energy, and enthusiasm.

03.



They can promote focus, knowledge, and connection.

But over-reliance on deep interests to drive focus or learning can lead to a loss of joy.

Deep interests are an important strength.

They help build self-identify, resilience and emotional well-being.

04.

