

☀️ Common Strengths of Individuals with Fragile X Syndrome ☀️

People with Fragile X Syndrome (FXS) are unique individuals who bring warmth, creativity, and heart to the world around them. While FXS can come with challenges, it also comes with strengths. Here are just a few:

💬 1. Friendly and Sociable

Self-advocates often enjoy being around others and love making connections.

🧠 2. Strong Long-Term Memory

Self-advocates commonly have excellent recall of people, places, and past experiences.

😄 3. Good Sense of Humor

Self-advocates can be playful, silly, and love to laugh — bringing joy to those around them.

💖 4. Loyal and Loving

Self-advocates may be deeply attached to those they trust, offering genuine love and affection.

😊 5. Highly Empathetic

Self-advocates are commonly aware of and sensitive to others' feelings.

6. Visual Strengths

Many self-advocates have strong abilities in visual tasks like puzzles, patterns, and art.

7. Detail-Oriented

Self-advocates might notice the little things and enjoy organizing or sorting.

8. Creative and Imaginative

Self-advocates may love to draw, share stories and play pretend.

9. Eager to Please

Self-advocates tend to be motivated to help and make others happy with their efforts.

10. Resilient and Hardworking

Self-advocates are determined and persistent, even when facing challenges.

What strength would you add? _____

These are just some of the amazing characteristics of self-advocates with FXS. Let's celebrate the strengths, talents, and personalities of people with Fragile X Syndrome, together!