



### Dyslexia Self-Test

Instructions: Please read each word or sentence carefully and select the option that best reflects your experience.

		Not at all	Sometimes	Frequently
1	I often find it challenging to read quickly and accurately.			
2	I frequently mix up the order of letters in words (e.g., "b" and "d").			
3	I often struggle to spell words correctly.			
4	I find it hard to break words down into individual sounds.			
5	I have trouble understanding what I read, even when the words themselves are not difficult.			
6	I sometimes have difficulty finding the right word when speaking or writing.			
7	I struggle with organizing my thoughts and ideas when writing.			
8	I often have trouble remembering sequences, such as phone numbers or lists of items.			
9	I find it difficult to read aloud smoothly and accurately.			
10	I frequently take longer than expected to complete reading or writing tasks.			

**Scoring:**

- Not at all: 0 points
- Sometimes: 1 point
- Frequently: 2 points

**Interpretation:**

- 0-5 points: Low likelihood of dyslexia.
- 6-12 points: Moderate likelihood of dyslexia.
- 13-20 points: High likelihood of dyslexia

Please remember, this is just a self-test and not a diagnosis. If you suspect you may have dyslexia, it's essential to consult a qualified professional for an accurate assessment and appropriate support.

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