



Thank you! xoxo



Thank you for supporting this work and purchasing some of our resources :)

We are committed to promoting understanding and celebration of neurodiversity, to helping improve children's self-knowledge and self-esteem, and to making it all easy and fun.

50% of profits from this pack go to supporting services for neurodivergent individuals and families, in schools, work places and the community.

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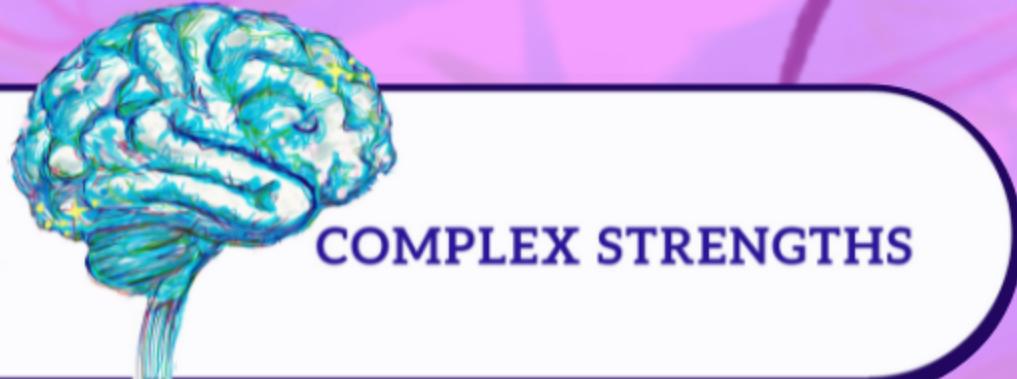
Links

TheNeurodiverseUniverse.com is our website with - fund-raising store, courses and resources.

Neuro-D is our neurodivergent artists' collaborative - designing an



expanding array of products that embrace and celebrate neurodivergence. Including the humour sometimes required by 'being' different in a neuro(typical)normative culture. All designs are by neurodivergent artists, each receiving or donating royalties generated by their designs.



Access mentoring, support and consultation through Complex Strengths & our facebook page

Create a culture of safe misunderstanding



Don't give good answers; ask good questions!

Communication can take subtle, patient, skill & artistry.

- What do you mean?
- Why did you say that
- What do you want from me?
- Did you understand that/me?

Knowledge we may want, but these questions can reflect or contribute to a reactive state.

Helpful questions are:
non-reactive, curious and explorative rather than confrontational, and reduce demand level / perceived demand

- Can you tell me what you want to have happen? (in a perfect world maybe)
- Would you be happy to tell me what you thought just before you asked me that?
- What is your concern about this?
- I am not sure what 'X' word means to you in this instance, could you explain to me a bit more?

Create helpful question sheets: Recognition is easier than recollection, especially in times of heightened emotions or stress.

Wisest are they, who know they do not know.

- Different sensory experiences create different realities.
- Different processing speeds can mean conversations are very out of sync.
- Culture, life experience, body budget, emotional state are all used by the brain to frame, filter and interpret incoming signals and 'create perception'
- Time blindness, alexithymia, high sensitivity, internal/external locus of evaluation – many things affect salience/framing of reality.

[Video link](#)