

Navigating the World

Lessons I've learned the
hard way
18 Month Retrospective



Warning

If you are a tippie, you might find this video offensive.

1. You don't have to watch it
2. It's not for you
3. I have a right to be angry
4. Hateful comments will be reported
5. If you're spicy, this may be difficult
6. It may challenge your worldview

Medical Disclaimer

This video is not intended to serve as medical advice or health education. This is a presentation based upon personal opinions and personal experience. Always seek aid from a licensed professional. I am not a doctor, therapist, psychologist, or psychiatrist. This information is provided as-is and you engage with this of your own volition.

Emotional Primacy

Emotional primacy refers to the idea that emotions significantly influence our thoughts, decisions, and actions. Despite the common belief of being rational beings, most neurotypical individuals are largely driven by their emotions. Understanding this concept is crucial for effective communication.

- **Emotional Receptivity:** The state of the receiver's emotions greatly impacts the effectiveness of communication.
- **Emotional Salience:** The emotional impact of the message determines how well it is received and remembered.
- **Catering to Emotions:** Communication must be tailored to the emotional state and needs of the receiver.
- **Emotional Influence:** Emotions often override rational thought in decision-making processes.
- **Misconception of Rationality:** Many people mistakenly believe they are primarily rational, not recognizing the influence of their emotions.



Relationship to Truth

The relationship to truth varies significantly between neurotypical and neurodiverse individuals. Neurotypicals often base their understanding of "truth" on their emotional and social context, often unconsciously influenced by their worldview and epistemic tribe. In contrast, neurodiverse individuals tend to prioritize intellectual rigor, placing less importance on emotional and social solidarity, leading to potential misunderstandings.

- **Emotional and Social Context:** Neurotypicals often base their understanding of truth on their emotional and social context.
- **Unconscious Influence:** Neurotypicals are often unconsciously influenced by their worldview and epistemic tribe.
- **Intellectual Rigor:** Neurodiverse individuals tend to prioritize intellectual rigor in their understanding of truth.
- **Less Importance on Solidarity:** Neurodiverse individuals place less importance on emotional and social solidarity.
- **Potential Misunderstandings:** These differing perspectives can lead to misunderstandings.



Neurotypical Privilege

Neurotypical privilege refers to the societal advantages that individuals who are considered "normal" or "healthy" in terms of neurological function enjoy. This often leads to a sense of entitlement, which can result in abusive, manipulative, harmful, or judgmental behavior towards those who do not conform to these norms.

- **Assumption of Normality:** Society's definition of what is "normal" or "healthy" often favors neurotypical individuals.
- **License for Abuse:** This perceived normality can lead to harmful behaviors towards those who are seen as different.
- **Manipulative Behavior:** Neurotypical privilege can result in manipulative actions towards those who do not conform to societal norms.
- **Judgmental Attitudes:** Those with neurotypical privilege often judge those who do not fit their definition of normality.
- **Need for Awareness:** Recognizing and challenging neurotypical privilege is crucial for societal change.



Forced Self-Neglect

Forced self-neglect refers to the phenomenon where individuals, particularly those with special needs, are conditioned to ignore or suppress their own needs due to systemic deprivation or neglect. This often leads to these individuals becoming adept at navigating the world without prioritizing their emotional, physical, social, or intellectual needs.

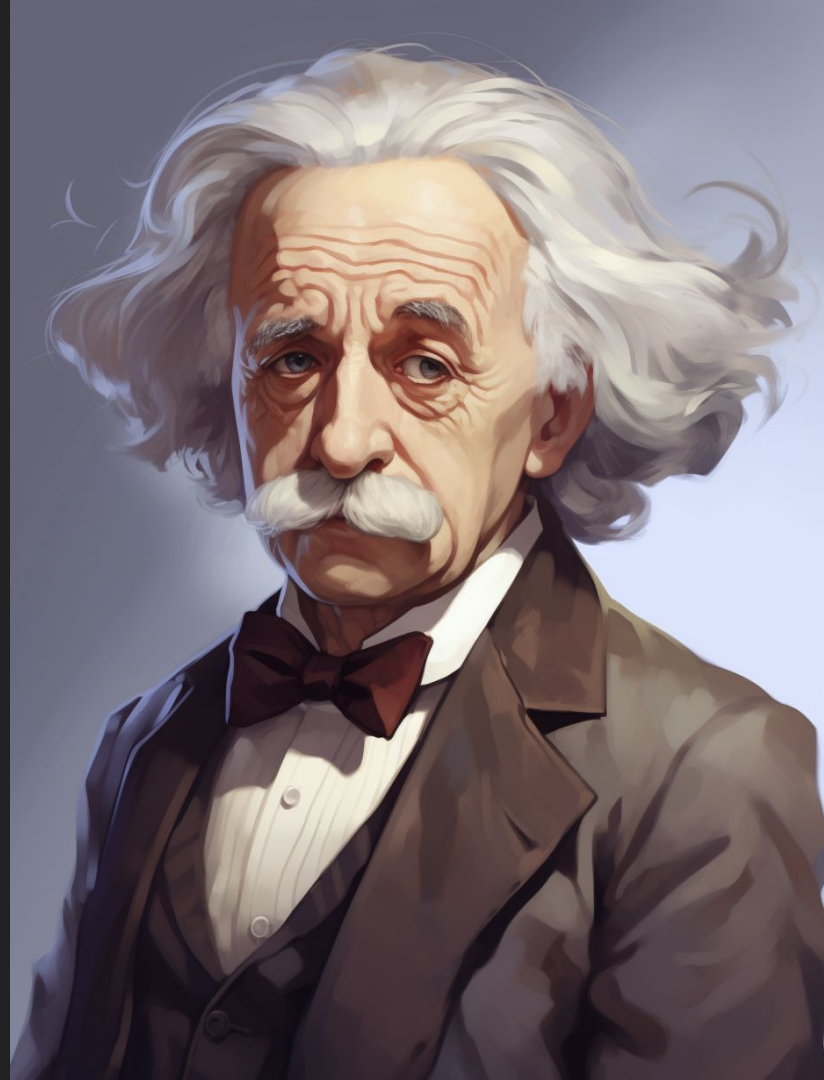
- **Systemic Deprivation:** Special needs individuals often face systemic neglect, leading to unmet needs.
- **Suppression of Needs:** These individuals learn to ignore or suppress their own needs as a coping mechanism.
- **Adaptation:** Over time, they become experts at navigating the world without prioritizing their own needs.
- **Emotional, Physical, Social, Intellectual Needs:** These are the areas often neglected in these individuals.
- **Awareness and Change:** Recognizing this issue is the first step towards systemic change and improved support.



Apparent Deficits

Apparent deficits refer to the perceived cognitive shortcomings of neurotypical individuals when viewed through the lens of neurospicy people. For instance, individuals with ADHD, ASD, HSP, or giftedness may perceive neurotypicals as having limitations in certain cognitive functions.

- **Perceived Slowness:** From an ADHD perspective, neurotypicals may seem to function at a slower pace and struggle with multitasking.
- **System Comprehension:** Individuals with ASD may perceive neurotypicals as having difficulty understanding complex systems and cause-effect relationships.
- **Awareness:** Highly Sensitive People (HSPs) may view neurotypicals as having a lower level of self-awareness and environmental consciousness.
- **Intellectual Capacity:** Gifted individuals may perceive the rest of the world as intellectually challenged.
- **Normative Lens:** These perceptions highlight the importance of understanding and respecting diverse cognitive experiences.



Pathologizing Differences

Pathologizing differences refers to the tendency of neurotypical individuals to label the unique perceptions, needs, abilities, and beliefs of neurospicy people as disorders. This often results in misinterpretation and stigmatization of neurospicy experiences, which are in fact normal and healthy expressions of their lived experiences.

- **Misinterpretation:** Neurospicy individuals' unique abilities are often misunderstood and labeled as pathological.
- **Stigmatization:** Neurospicy experiences are often stigmatized and categorized as disorders.
- **Narcissism Accusation:** Gifted individuals stating their abilities are often accused of narcissism, despite stating measurable facts.
- **Mischaracterization:** Autistic meltdowns, a normal reaction to emotional and sensory overload, are often mischaracterized as borderline personality disorder.
- **Normalization:** Recognizing these differences as normal variations rather than pathologies is crucial for fostering acceptance and understanding.



“Don't Scare the Tippiies”

This is a masking strategy often adopted by neurospicy individuals. Due to the rigid expectations and reactions of many neurotypicals, neurospicy people often feel compelled to hide their true abilities and interests to avoid negative reactions such as bullying, hostility, mockery, and sabotage.

- **Masking Strategy:** Neurospicy individuals often hide their true selves to fit into neurotypical norms.
- **Negative Reactions:** Unmasked abilities and interests can lead to bullying, hostility, and mockery from neurotypicals.
- **Alienation:** Neurospicy individuals may face social exclusion if they do not conform to neurotypical expectations.
- **Sabotage:** Neurotypicals may resort to spreading rumors or undermining careers of those who do not conform.
- **Need for Acceptance:** This highlights the need for greater acceptance and understanding of neurodiversity.



Socially Endorsed Gaslighting

Socially endorsed gaslighting refers to the widespread misunderstanding and dismissal of neurospicy needs by society. When viewed through a neurotypical lens, these needs are often misinterpreted by authority figures such as doctors, teachers, and parents, leading to the false belief that they are fabricated or attention-seeking behaviors.

- **Misunderstanding:** Neurospicy needs are often misunderstood when viewed through a neurotypical lens.
- **Dismissal:** These needs are frequently dismissed as being "made up" or "just in your head."
- **Attention-Seeking Accusation:** Neurospicy individuals are often wrongly accused of fabricating their needs for attention.
- **Authority Figures:** Doctors, teachers, parents, and other authority figures often perpetuate this misunderstanding.
- **Need for Education:** This highlights the need for better education and understanding of neurospicy needs.



Institutional Gatekeeping

Institutional gatekeeping refers to the systemic bias in many institutions that privileges neurotypical individuals, granting them more control and maintaining the status quo. This is particularly prevalent in medical, academic, and business establishments, where they also define what is considered "normal" and "healthy," leading to persistent misunderstanding.

- **Neurotypical Privilege:** Many institutions are structured to favor neurotypical individuals, maintaining the status quo.
- **Control:** Neurotypical individuals are often granted more control within these institutions.
- **Defining Normality:** Medical and academic establishments often define what is considered "normal" and "healthy."
- **Persistent Misunderstanding:** This systemic bias leads to a continuous state of misunderstanding of neurospicy individuals.
- **Business Bias:** This gatekeeping is particularly prevalent in business environments, further marginalizing neurospicy individuals.



Learned Helplessness

Learned helplessness refers to the state of despair and hopelessness that many neurospicy individuals experience after years of unrelieved struggles. This often leads to a belief that there is no help or relief available, resulting in negative outcomes such as depression, anxiety, withdrawal, toxic relationships, and poverty.

- **Despair and Hopelessness:** Years of unrelieved struggles can lead to a state of despair and hopelessness.
- **Belief in No Relief:** This often results in a belief that no help or relief is available.
- **Mental Health Impact:** This can lead to mental health issues such as depression and anxiety.
- **Social Withdrawal:** Learned helplessness can result in social withdrawal and isolation.
- **Toxic Relationships and Poverty:** These individuals may end up in toxic relationships and face financial struggles.



Vulnerable Targeting

Vulnerable targeting refers to the predatory behavior where certain individuals, such as narcissists and sexual predators, deliberately target neurospicy people due to their perceived vulnerability. These predators often rely on their neurotypical privilege, either consciously or implicitly, to shield them from consequences.

- **Predatory Behavior:** Certain individuals deliberately target neurospicy people due to their perceived vulnerability.
- **Narcissists and Sexual Predators:** These are common types of individuals who engage in vulnerable targeting.
- **Exploitation of Vulnerability:** Neurospicy individuals are often targeted due to their perceived vulnerability.
- **Neurotypical Privilege:** Predators often rely on their neurotypical privilege to avoid consequences.
- **Need for Protection:** This highlights the need for protective measures for neurospicy individuals.



“Ableist Goblin”

Internalized ableism refers to the adoption of ableist beliefs, narratives, and views by individuals with invisible or neglected disabilities. This can lead to self-measurement against unrealistic or unhealthy standards, resulting in behaviors such as perfectionism, workaholism, projection, and judgment.

- **Ableist Beliefs:** Individuals with disabilities may adopt ableist beliefs and narratives.
- **Unrealistic Standards:** These individuals often measure themselves against unrealistic or unhealthy standards.
- **Perfectionism:** Internalized ableism can lead to perfectionist tendencies.
- **Workaholism:** These individuals may become workaholics, driven by ableist standards.
- **Projection and Judgment:** Internalized ableism can result in projection and judgment, both internally and externally.



Marginalized Self-Hatred

Marginalized self-hatred refers to the internalization of negative societal beliefs by members of stigmatized groups, leading to self-loathing and harmful behaviors. This dynamic is often seen in various marginalized communities, including LGBTQ+ and neurospicy communities, and can result in attempts to distance oneself from the group, aggression towards other members, or even violent acts.

- **Internalized Oppression:** Members of stigmatized groups may internalize negative societal beliefs about their group.
- **Distancing Behaviors:** This can lead to attempts to distance oneself from the group.
- **Aggression and Violence:** Internalized self-hatred can result in aggression or violence towards other group members.
- **Autistic and Neurospicy Communities:** These communities may see members trying to distance themselves from those displaying more overt traits.
- **Break the Cycle:** The first thing we need to do is stop harming each other.



Performative Inclusion

Performative inclusion refers to superficial efforts made by institutions around issues like Diversity, Equity, and Inclusion (DEI) without any substantive effort or meaningful change. Often done for PR reasons or legal obligations, it can manifest as tokenism, endless meetings, or "councils" without real action.

- **Superficial Efforts:** Institutions often make shallow attempts at DEI without meaningful change.
- **PR and Legal Obligations:** These efforts are often driven by public image concerns or legal requirements.
- **Tokenism:** Performative inclusion can manifest as token representation without substantial support.
- **Empty Meetings:** Institutions may hold endless meetings or form "councils" without taking real action.
- **Need for Real Change:** True inclusion requires substantial changes, such as effective anti-bullying policies and more than just diversity metrics.



Deliberate Nonconformity

Deliberate nonconformity refers to the intentional practice by neurospicy individuals of aligning their attitudes, beliefs, and behaviors with their true selves and needs. This may involve changes in appearance, speech, lifestyle, social circles, or challenging societal expectations.

- **True Self Alignment:** Neurospicy individuals intentionally align their attitudes and behaviors with their true selves.
- **Appearance Changes:** This may involve changes in dress or personal style.
- **Speech and Lifestyle Changes:** Individuals may alter their speech patterns or lifestyle to better suit their needs.
- **Social Circle Changes:** This could involve discarding friends who do not support or understand their needs.
- **Challenging Expectations:** Deliberate nonconformity often involves challenging societal expectations.



Strict Boundaries

Strict boundaries refer to the stringent personal limits that neurospicy individuals often need to set for their own protection. Despite criticism or pathologizing by neurotypicals, these boundaries are crucial for safeguarding their physical, mental, emotional, and social well-being.

- **Personal Limits:** Neurospicy individuals often need to set strict personal boundaries for their own protection.
- **Saying No:** Practicing refusal is a key part of maintaining these boundaries.
- **Heightened Suspicion:** Neurospicy individuals may need to be more suspicious than what is considered "healthy" in a neurotypical world.
- **Protective Rules:** Adhering to certain rules can help protect these individuals physically, mentally, emotionally, and socially.
- **Ejecting People:** This may involve blocking, banning, or ejecting people from their lives to maintain their well-being.



Radical Self-Acceptance

Radical self-acceptance refers to the process of unpacking and challenging ingrained beliefs, barriers, and habits about how we "should" be. This involves embracing our unique needs and preferences, indulging in activities we enjoy, and cultivating the courage to express our true selves both internally and externally.

- **Challenging Beliefs:** This involves unpacking and challenging ingrained beliefs and habits about ourselves.
- **Unique Needs:** Embracing our unique dietary needs and preferences is part of this process.
- **Enjoyable Activities:** Indulging in hobbies and activities that we enjoy, regardless of societal views.
- **Self-Expression:** Cultivating the courage to express our true selves, first internally and then externally.
- **Radical Acceptance:** This process is about embracing and accepting ourselves as we truly are.



Building Friendships

Building friendships as a neurodiverse individual often requires a more conscientious approach. This can involve strategies such as walking and talking, identifying like-minded individuals, deliberate connection, investing in long-term relationships, and avoiding forced interactions.

- **Walking and Talking:** Neurodiverse individuals often socialize better while on the move for various reasons.
- **Like-Minded Individuals:** Identifying individuals with similar interests and understanding can foster stronger friendships.
- **Deliberate Connection:** Making an effort to connect, such as texting or calling, can strengthen relationships.
- **Patience:** Investing in quality time over long periods is often more beneficial than short-term fast bonding.
- **Don't Force It:** It's important not to force interactions or respond out of desperation or loneliness.



Purpose of Anger

Anger serves as an emotional response to injustice, frustration, boundary violations, and danger. Neurodiverse individuals are often coerced into suppressing or ignoring their anger, which can lead to transference or internalization. Recognizing the source of anger, integrating it, and healing from it is crucial for personal growth and happiness.

- **Emotional Response:** Anger is a natural response to injustice, frustration, boundary violations, and danger.
- **Suppression and Ignorance:** Neurodiverse individuals are often coerced into suppressing or ignoring their anger.
- **Transference:** Suppressed anger can lead to taking out frustrations on the wrong people.
- **Internalization:** Ignored anger can result in individuals taking it out on themselves.
- **Recognition and Healing:** Recognizing the source of anger, integrating it, and healing from it is crucial for personal growth.



Deminimizing

Deminimizing involves acknowledging and addressing suppressed bodily signals, buried emotions, and painful memories. This process, often unpleasant, is a critical part of healing from trauma, injustice, and mistreatment. It's akin to realizing a smoke alarm has been sounding unnoticed, and it's a crucial step in reconnecting with oneself.

- **Unsuppressing Signals:** Acknowledging hidden signals from the body is a part of deminimizing.
- **Unearthing Emotions:** Uncovering buried emotions and painful memories is crucial for healing.
- **Unpleasant Process:** Deminimizing can be an uncomfortable but necessary process.
- **Expression of Pain:** This often involves crying, shaking, and other forms of expressing pain.
- **Adaptation:** Part of the process is adapting, such as stopping activities that cause harm.



Legitimate Grievances

Legitimate grievances refer to the moral, social, and legal rights of neurodiverse individuals to express dissatisfaction or protest against injustices they face. This stands in contrast to attempts by neurotypicals to delegitimize these grievances, often through microaggressions, benefiting from privilege, and the privilege of ignorance.

- **Right to Grievances:** Neurodiverse individuals have the moral, social, and legal right to express their grievances.
- **Delegitimization:** Neurotypicals often attempt to delegitimize these grievances.
- **Microaggressions:** Many neurotypicals may unknowingly commit microaggressions against neurodiverse individuals.
- **Privilege:** Neurotypicals often benefit from societal privilege at the expense of neurodiverse individuals.
- **Privilege of Ignorance:** Many neurotypicals are unaware of the advantages they enjoy, further exacerbating the grievances of neurodiverse individuals.

