
 from:@uberpreeya ND 


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



futon penguin  (Masto: @preeya@bigleaf.... @uberpre... · Jun 16 ...


I would add to this, very often being **ND** means you have trouble verbalizing in the moment, and that doesn't work in companies that depend on the right specific language being deployed immediately


 **Zahra Khan (she/her)**   @hellozeik · Jun 16

I'm sure other ppl have written extensively abt this but it's just hitting me that the whole idea of professionalism is just incompatible w being ND. Like not even talking abt sexist/racist norms but things like small talk & likeability...


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



We don't talk enough about how undiagnosed **ND** parents who find success by pushing themselves through bad experiences can end up turning that around on their kids in traumatic ways.


 **stimulacra** @stimulacra_ · Aug 6


Did anyone else grow up with an undiagnosed autistic parent?

I feel like that created the worst of my trauma.





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


futon penguin  (Masto: @preeya@bigleaf.... @uberpre... · Oct 6 ...

...This is not an **ND** vs NT thing at all. This is a "willing to let internalized norms dictate what friendship looks like" thing and I promise you it is not related to neurotype.

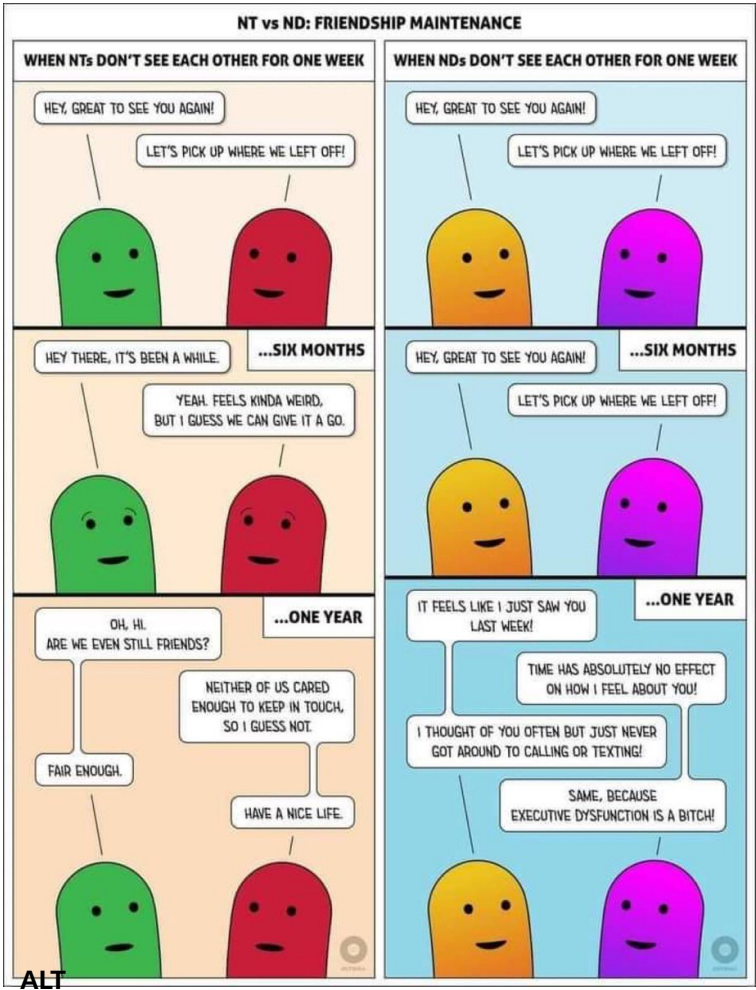
 **Jade Barclay**    **MPH MBA** @JadeBarclay · Oct 5

Me: Funny how most of my life-long friends are neurodivergent.

Also me: Ohhhh that explains a lot.

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futon penguin 🐧 (Masto: @preeya@bigleaf... @uberpre... · Aug 3 ...

This has happened to me a lot. It's not all NTs, and IME lots of **ND** people do this. It's the choice to a) attach restrictive and inflexible response rules to various conversational inputs, and then b) blame the other person for triggering those rules in a way they didn't like.



AutisticSciencePerson, MSc @AutSciPerson · Aug 2

Apparently being very transparent with others is seen as manipulative and I just want to be like.. no? Autistic people exist?

I truly don't understand how being honest is manipulative. Allistic people have some mind-blowing perceptions honestly.

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futon penguin 🐧 (Masto: @preeya@bigleaf.ci... @uberpre... · Jul 2 ...

I don't even know that this is an NT/**ND** thing. I've become incredibly gunshy in this way as a result of being around NDs who were trying to follow scripts and/or "protect" me from feeling bad (with, I now think, an implicit "Like I do").



Lonely Autistic ✨ (She/Her) ✨ @BenignNumbness · Jul 1

I don't know about your experiences, but I'm always scared to ask things like "am I bothering you?" to NTs because I've been lied to many times. People valued being polite more than being honest, so I was indeed bothering them, but they made me believe I wasn't.

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Not just white **ND** people!



teona | they/them @teonawrites · Jun 13, 2021

Something I see yt neurodivergent people do a lot on here is that when someone who is BIPOC and disabled and/or neurodivergent speaks on something that bothers them regarding interactions on social media, they internalize it as another rule they have to remember when social

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As much as I enjoy ND-venting, this is the actual problem IMO: a huge amount of the time, "NTs" are **ND** or ND-adjacent people who, via privilege or lack of confrontation or just luck of the draw on personality, haven't had to consciously articulate their needs.



Ly @ thinking about dinosaurs @TitanLyarra · Mar 25

Replying to @SNeurotypicals

the replies here are suddenly making me understand why so many kids

in my classes needed to have the teacher explain stuff or have stuff read out loud instead of just reading it. I always thought people just weren't bothering to read. but now I'm thinking it's more comprehension?



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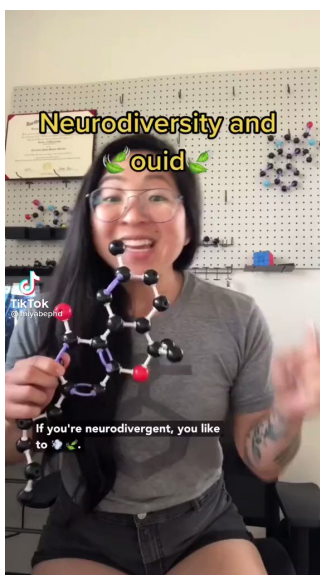
futon penguin 🐧 (Masto: @preeya@bigl... @uberp... · Sep 13, 2021 ...

I figured this out a while back wrt my whole mental state (incl chronic migraines) and I'm SO glad people who know things are talking about it. Seems likely to also be related to CBD working well for epileptics, since that's often related in families to **ND** and migraines



sunflower seeds 🌻 @mykola · Sep 12, 2021

Huh! Endocannabinoid deficiency, you say? Weed is medicating something *specific* in neurodivergent people?!



2



futon penguin 🐧 (Masto: @preeya@bigleaf.ci... @uberpre... · Jul 3 ...

Honestly, even mediocre to good therapists who for whatever reason don't click with you or understand your lived experience are worse than having no therapist. (And frankly, mental health/**ND** Twitter is the best therapist I've ever had.)



autisticbiologist @biologautist · Jul 2

quick poll for anyone, but especially other #ActuallyAutistic folks: my advisor recently said a bad therapist is better than none, bc "at least they can give you tools". agree?



futon penguin 🐧 (Masto: @preeya@bigl... @uberpre... · Jun 26, 2020 ...
joking not joking

(seriously, I'm half convinced that what we term "neurotypical" and "neurodivergent" isn't about brain chemistry, because LOTS of "NT" people exhibit "ND" traits. The difference seems more about willingness to truly engage with the complexities of people.)



Shin Megami Tenser's Floating Di... @CuddlePota... · Jun 25, 2020

Replying to @ginaromoart and @koalatopy

The problem is that neurotypicals have no social skills

Honestly I'm not convinced they have theory of mind



futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Aug 3 ...

Just because that counterexample came from an allistic **ND** person doesn't mean they're talking over anyone. Being autistic doesn't take away our power to hurt others by saying something unthinkingly. We should accept reasonable criticism no matter the source.



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I still think about how the two correct **ND** diagnoses I've received in my life both came from random friends interacting with me day to day. Like when I would rearrange my grocery bags for optimal walking and my friend went "Um you are literally Sheldon from the Big Bang Theory"



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futon penguin 🐧 (Masto: @preeya@bigl... @uberp... · Jun 14, 2021 ...

Like, one of my (granted, **ND**) white friends does this and, at least from my side, it's wrecked our friendship. It's impossible to have conversations with someone who is invested in the idea that humans are all similar enough that it's possible to only interact in one way.



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But then I hit the working world and found out this had left me WAY behind everyone else in terms of adherence to unfamiliar (white-American-ultra-masked-**ND**) group norms. And I was way too burned out to compensate by just being better at work, the way I'd been better at school.



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I think a lot of neurotypical/totally mentally healthy people latch on to "weird" things neurodivergent/MI people do as their entire personality, because that's what sticks out to them. And then if anyone **ND**/MI does something bad, well, anything bad is obviously "weird."



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Since middle school, I've always been in predominantly nerd groups, generally also full of **ND** and queer people. (I'm AuDHD **ND** but not queer.) And in general I've noticed that the white women in these groups are most likely to be goths.



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Replying to @uberpreeya and @Joseph_wolfstar

(And I think whiteness plays into this by giving the illusion that "perfect" interaction is possible, because of racially enforced local cultural uniformities + white media representation, which is why this is specifically a white **ND** thing)



futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · May 2 ...

Not even trying to say she's **ND**. Just that the line that really catches my attention is "3 days later and I didn't care at all about my family."



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futon penguin 🐧 (Masto: @preeya@bigleaf.... @uberpre... · Jul 27 ...

Replying to @SonOfAnOgg and @AutSciPerson

I had this very strongly in childhood (I think a combo of being good at school and parents being undiagnosed **ND**). As an adult I've had the opposite social experience and gotten the associated trauma. Still working on figuring out which parts of that I should internalize.



futon penguin 🐧 (Masto: @preeya@bigl... @uberp... · Apr 11, 2021 ...

Thinking about this more, IMO allistics (feel like I know **ND** but not autistic people who do this) are looking for tone and voice as an indicator not of how the person talking to them is feeling, but of how that person would like them to respond.



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