#### TIPS FROM A THERAPIST

## **CULTIVATING CONNECTION**

# RELATIONSHIPS & NEURODIVERGENCE

# NOTICE YOUR OWN THOUGHTS & FEELINGS

When people are struggling in relationships, there's often a lot of judgmental thoughts & frustration. When you notice yourself having this experience, pause.

Notice the thoughts and feelings. They can be present and might not be helpful to act on in the moment.



#### **ENGAGE WITH VALUES**

Neurodivergent people, like all people, have strengths & challenges.

Reflect on relationship values with your partner (what matters in relationships.)

Collaboratively explore how to navigate challenges & create positive experiences informed by your shared values & understanding of neurodivergence.

01

02

03



# GET CURIOUS ABOUT NEURODIVERSITY

Neurodivergent people including Autistic and ADHDers very literally function differently than neurotypical people.

Differences with executive functioning, sensory experiences, communication, rejection sensitivity and need for autonomy impact relationships.\*



## TIPS FROM

# **GETTING NEURO-INFORMED**

#### UNDERSTANDING & AFFIRMING ADHD

#### **ADHD-Relevant Reads**

Laziness does not exist

**Devon Price** 

How to keep house while drowning

**KC Davis** 

ADHD 2.0

Edward Hallowell & John Ratey

#### **Online Resources**

How to ADHD

Jessica McCloskev

Black Girl, Lost Keys

René Brooks



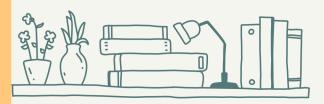
We offer trainings & resources relevant to the experiences of neurodivergence, LGBTQIA+ and religious/spiritual trauma.

#### https://divergentpathwellness.com/learn

These resources are for educational purposes and are not a substitution for therapy or mental health treatment.







#### **EXPLORING AUTISM** & MORE NEURODIVERGENCE

#### **Autism-Relevant Reads**

**Unmasking Autism** 

Devon Price

**Divergent Mind** 

Jenara Nerenberg

I Will Die On This Hill

Jules Edward & Meghan Ashburn

We're All Neurodiverse

Sonny Jane Wise

#### **Online Resources**

Autistic While Black

Catina Burkett

**Divergent Conversations** 

Dr. Megan Neff Patrick Casale

Neuroqueer

Dr. Nick Walker