

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.

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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.*



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GETTING NEURO-INFORMED RESOURCES ON NEURODIVERSITY



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 McCloskey

Black Girl, Lost Keys

René Brooks



LEARNING WITH DIVERGENT PATH WELLNESS

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.

01



02

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

03