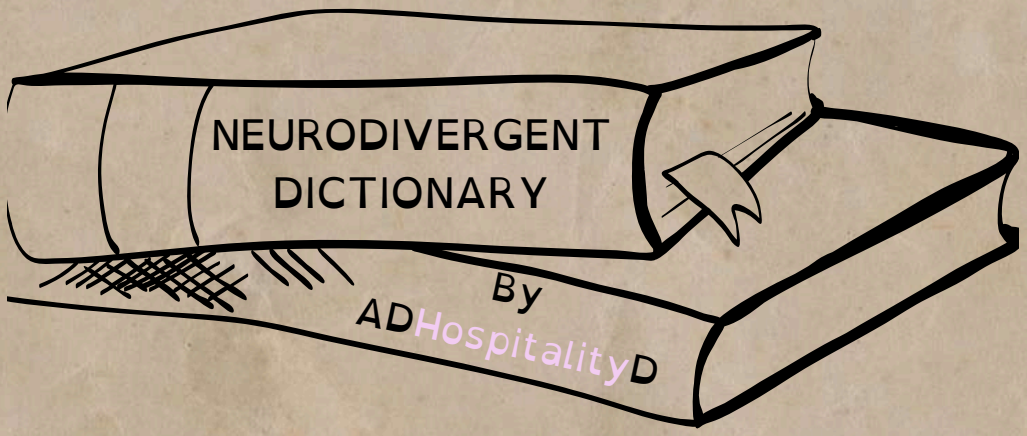
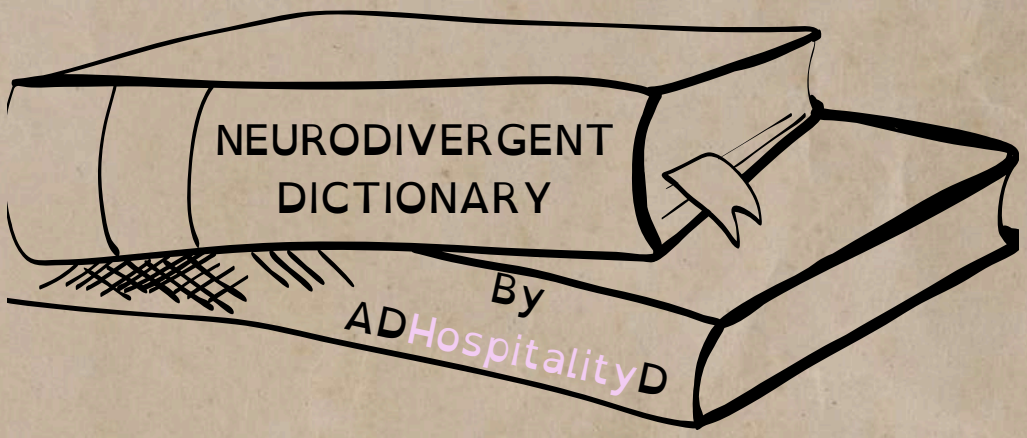


A non-exhaustive collection of common terms used to discuss neurodivergence.

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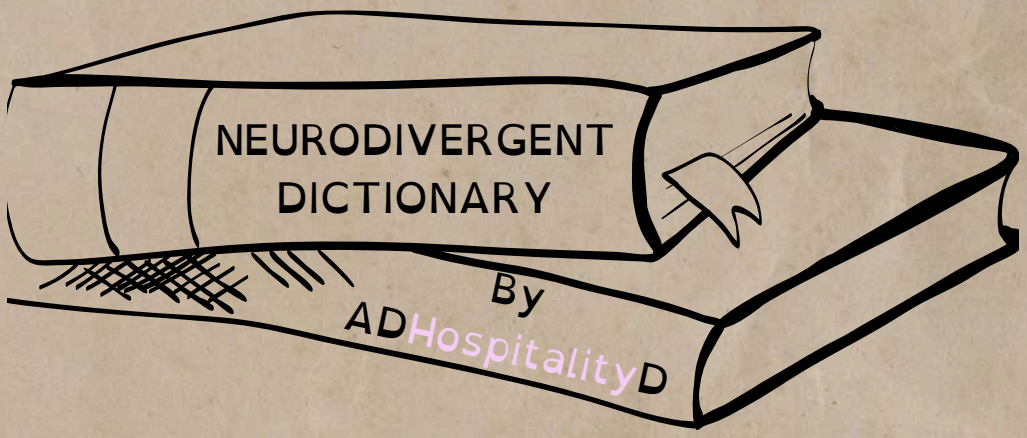
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57. Titration
58. Unmasking



ACCOMMODATIONS

Adjustments or modifications in environments, tasks or expectations that support those with needs that are different to the accepted norm.

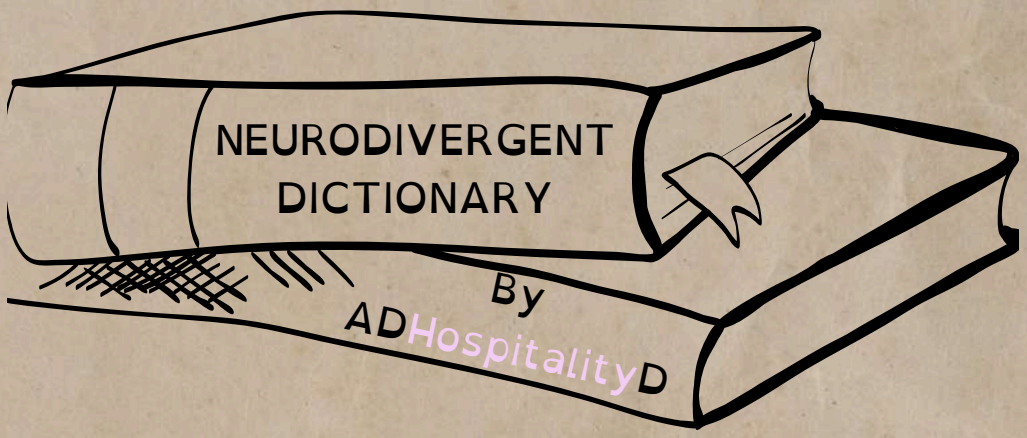
Accommodations are designed to help people achieve success.



ALEXITHYMIA

A difficulty in identifying and describing your own emotions.

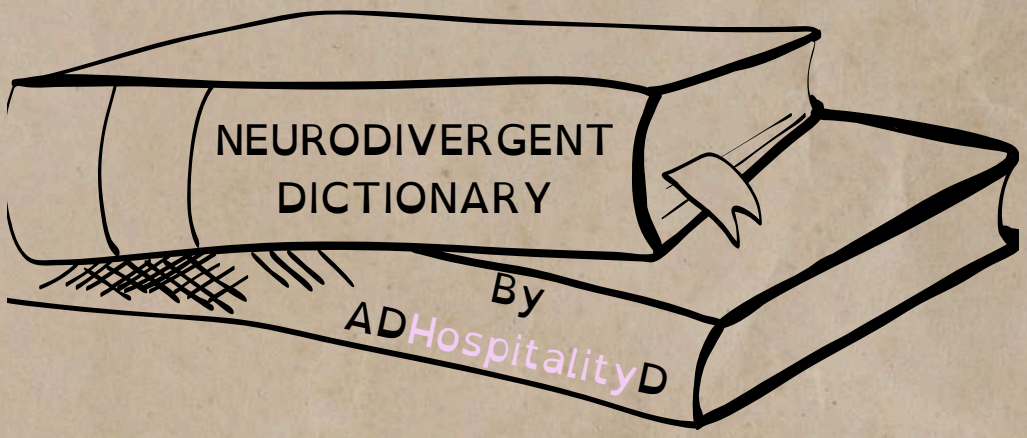
Creates difficulty in expressing how you really feel and is a very common symptom in many neurodivergent conditions including Autism, OCD, ADHD and even Dyslexia.



ANXIETY

An strong feeling of worry, unease or uncertainty. Can be debilitating in certain instances.

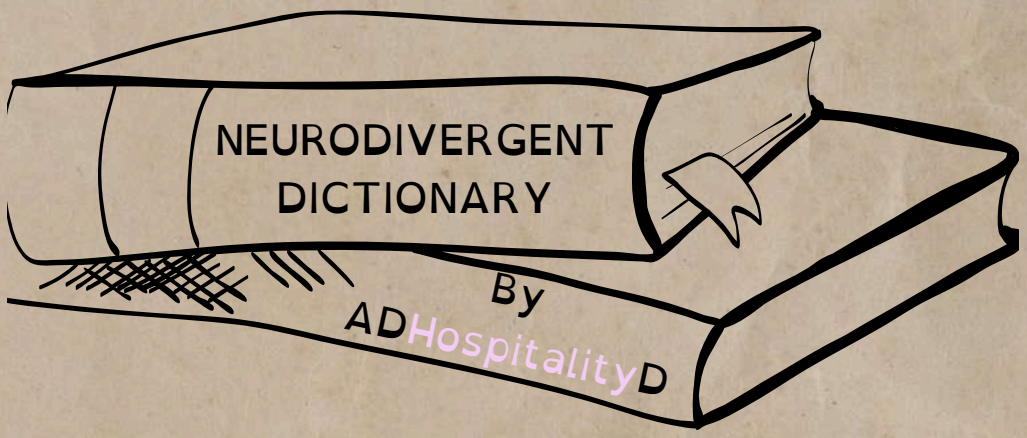
Often intensified by having to adapt to an environment which is not supportive of your way of thinking and functioning



ARFID

Avoidant/Restirictive Food Intake Disorder.

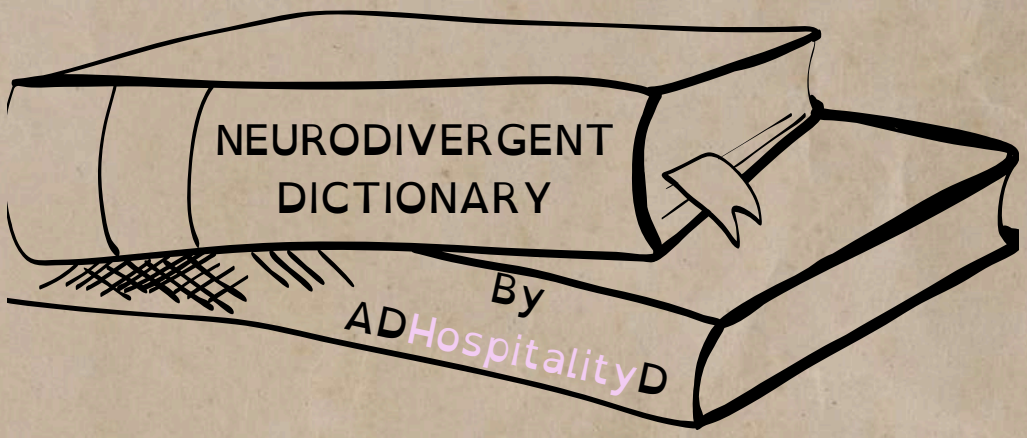
A clinical condition in which a person has limited food preferences and will avoid eating specific foods due to sensory sensitivities or difficulties with certain textures and tastes.



"ASPERGERS"

An outdated term used to refer to a subset of individuals with Autism who display exceptionally high levels of cognitive function.

No longer typically used due to its inception being to help the Nazis define individuals with Autism whom they believed could be beneficial to their cause and therefore should not be Killed in concentration camps.

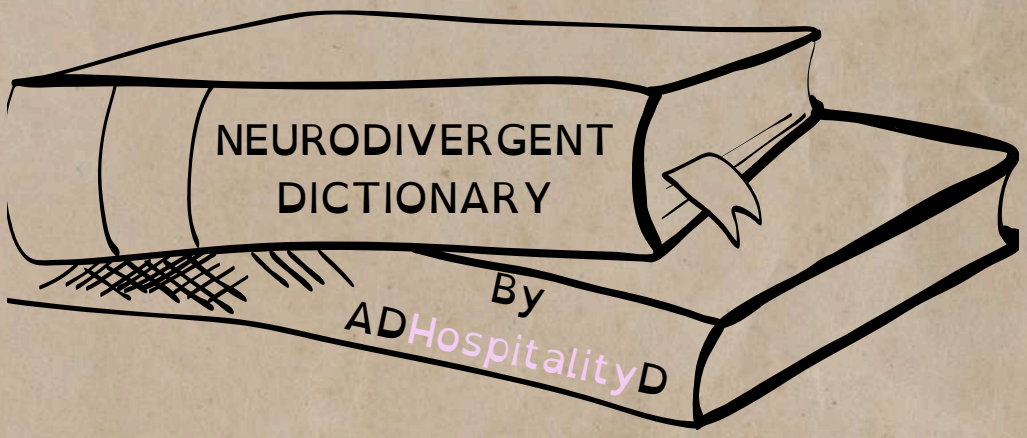


ASSISTIVE TECHNOLOGY

AT refers to any device, software or system which assists those to overcome an involuntary disadvantage.

AT can be used to help neurodivergent individuals in many ways. Dyslexic individuals may benefit greatly from text to speech or voice transcription softwares. Those who experience sensory overwhelm may benefit from noise cancelling headphones. Some individuals with Tourettes Syndrome choose to wear wristbands which use electrical impulses to decrease their frequency of tics.

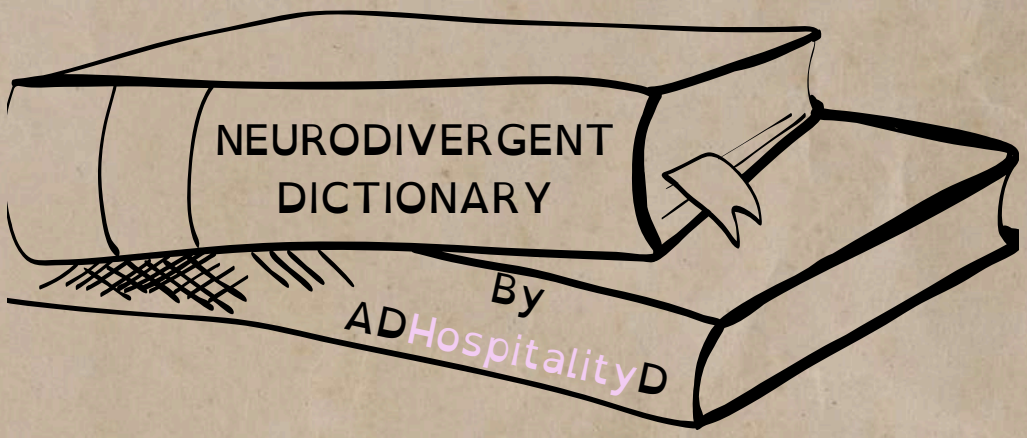
Many items of assistive technology are available via the "Access to WorK" scheme which is Government funded.



AUDITORY PROCESSING ISSUES

Difficulty with processing and interpreting sounds, even when hearing is not impaired.

Often leads sufferers to struggle in loud environments or environments with lots of different sounds.

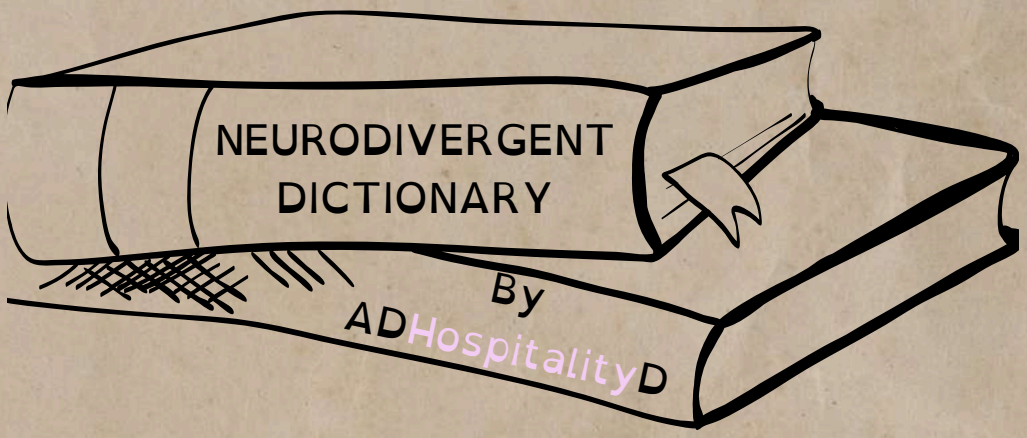


AVOIDANCE

A reluctance to engage with a certain task or environment.

Commencing a task or entering an environment can feel genuinely impossible.

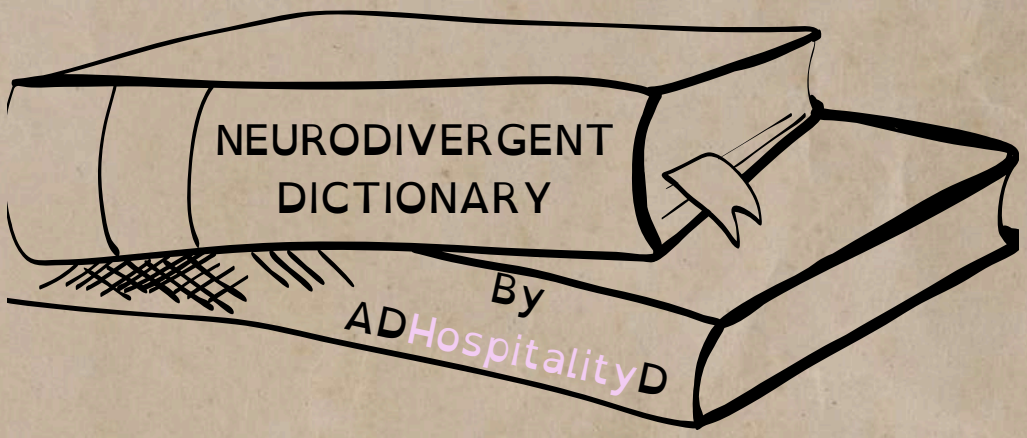
Often stems from overwhelm, executive dysfunction or anxiety.



BODY DOUBLING

A strategy which involves having somebody else being physically present when you are completing a task.

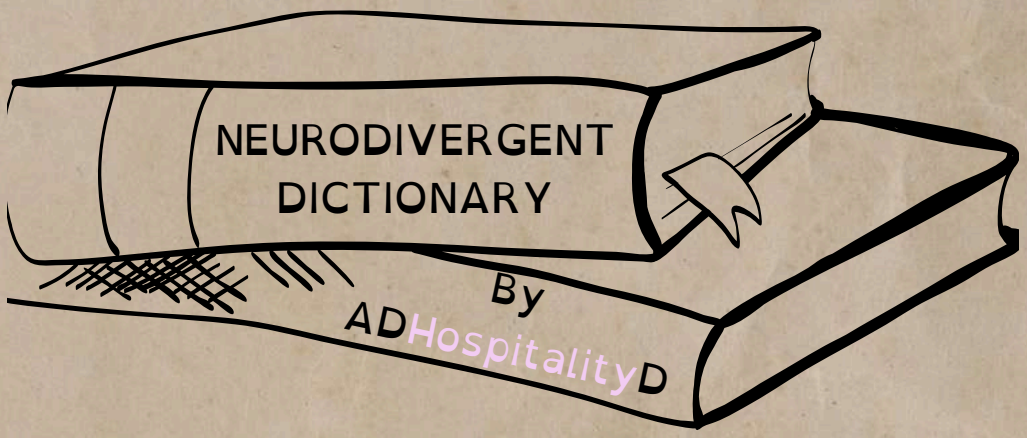
The presence of another person often helps neurodivergent people with focus, motivation and task completion.



BURNOUT

Chronic exhaustion which is debilitating in a person's personal and professional life.

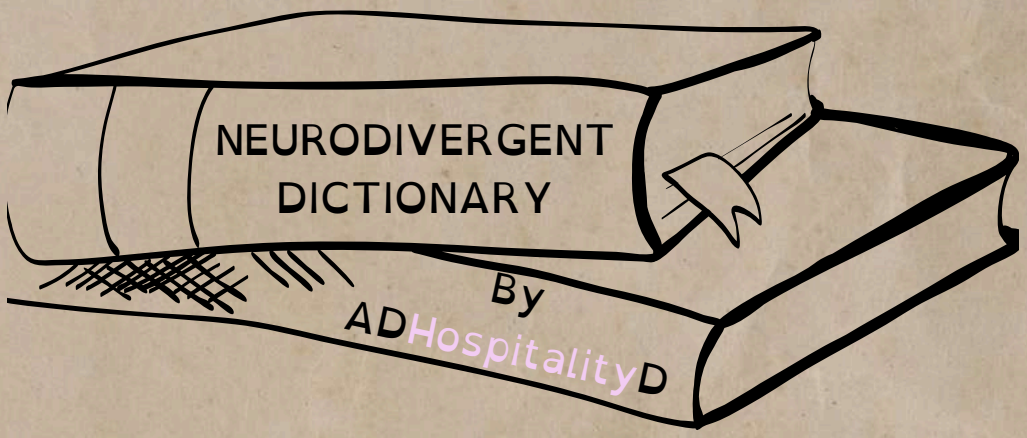
Exacerbated by the efforts associated with overstimulation, masking and navigating environments which are not supportive of your brain.



BRAIN FOG

A state of mental confusion or absence of clarity of thought.

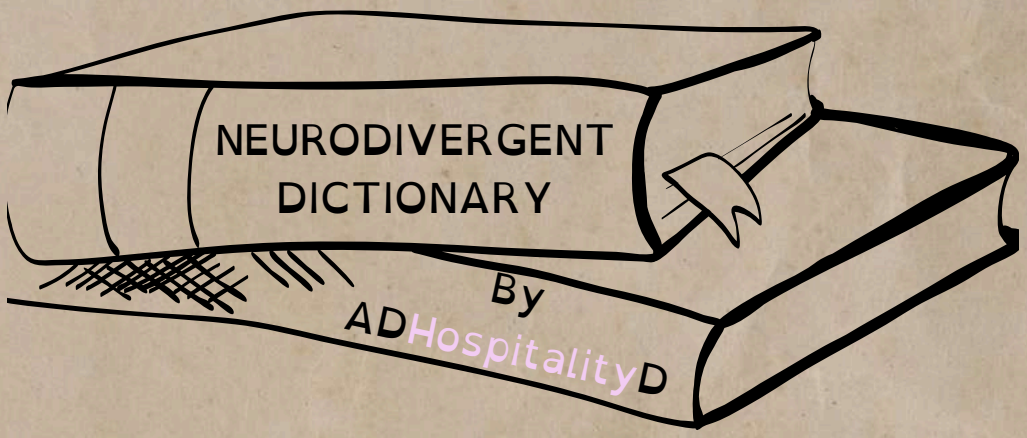
Impairs focus, memory and general cognitive function. Often triggered or exacerbated by stress, exhaustion or sensory overload.



COGNITIVE OVERLOAD

A process in which the brain is receiving too much information to effectively process it all.

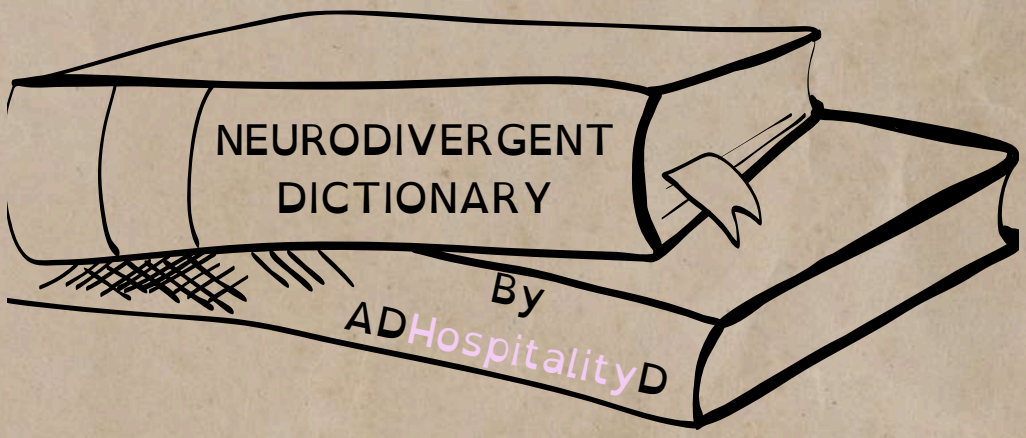
Often leads to task or decision paralysis and exacerbated in environments with overwhelming sensory stimuli.



COMORBID CONDITION

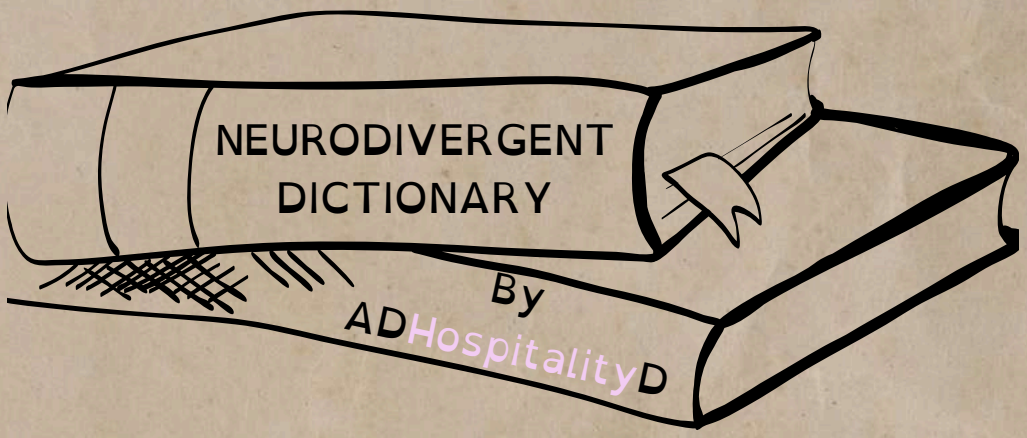
The presence of additional conditions in a neurodivergent person.

People with AuDHD have both ADHD & Autism and will experience symptoms of both these conditions concurrently.



DEMAND AVOIDANCE

An intense and often involuntary resistance towards tasks which are delegated to one individual by another.

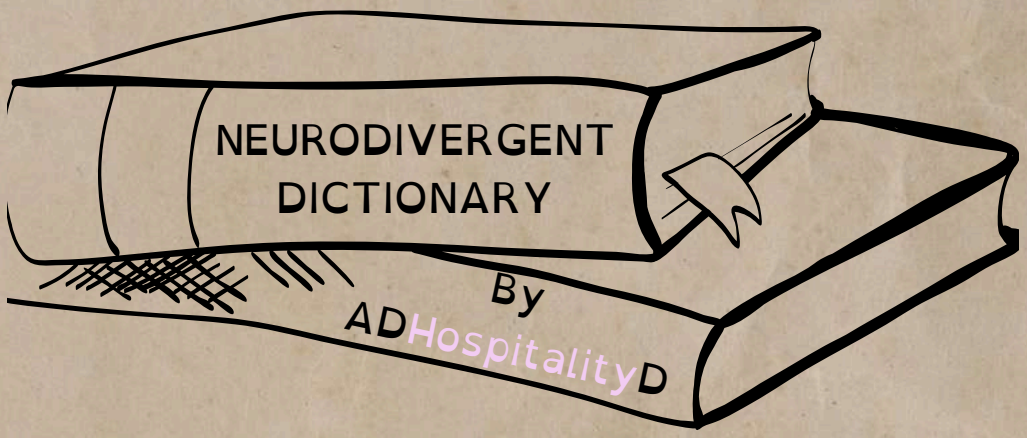


DISABILITY

"A physical or mental impairment that has a substantial and long term negative effect on your ability to do normal daily activities", Equality Act 2010.

Each neurodivergent person is different and experiences life and their condition in a way which is unique to them. Some neurodivergent people consider themselves disabled, others do not.

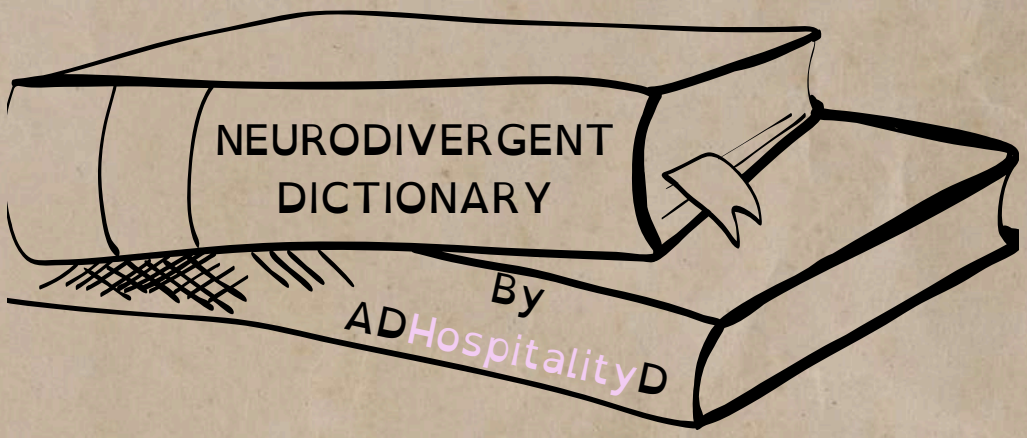
From a legal perspective, each case is individually assessed as to whether the benchmark for disability is met. However, it is very common for neurodivergent conditions to be deemed as disabilities in legal proceedings. Including conditions which are sometimes viewed as "less severe" such as dyslexia.



DOPAMINE

A crucial hormone which drives motivation, pleasure and reward.

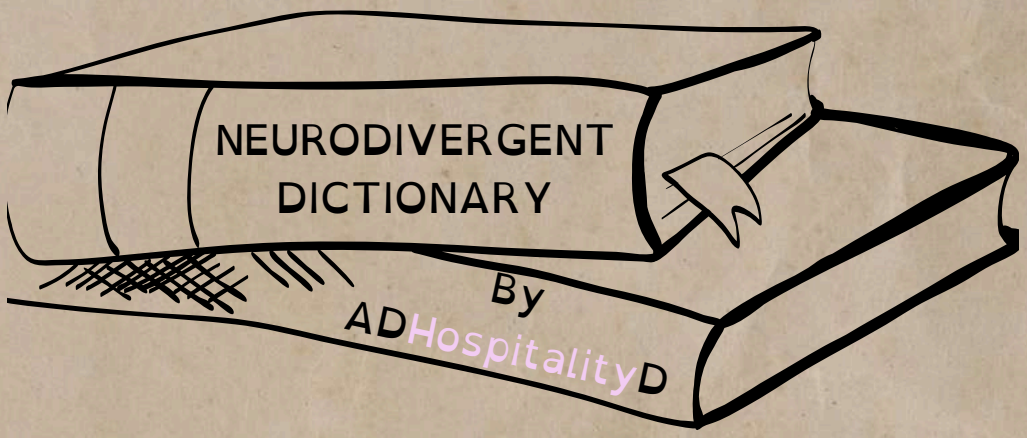
Symptoms of many neurodivergent conditions are attributed to a clinical inability to regulate dopamine effectively.



DOPAMINING

The act of seeking out novel or highly stimulating activities to increase dopamine levels in the brain.

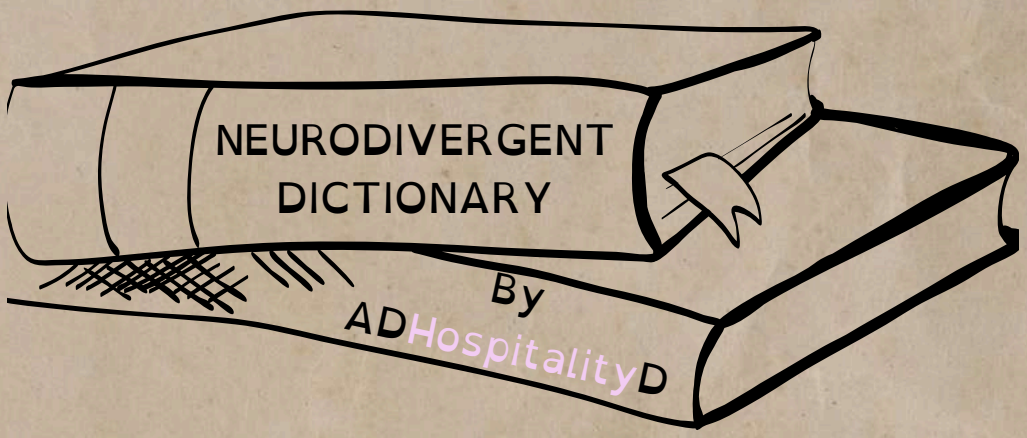
Can create a tendency for risk seeking behaviour in individuals with ADHD due to their interest based nervous systems.



ECHOLALIA

The action of repeating words, phrases or sounds.

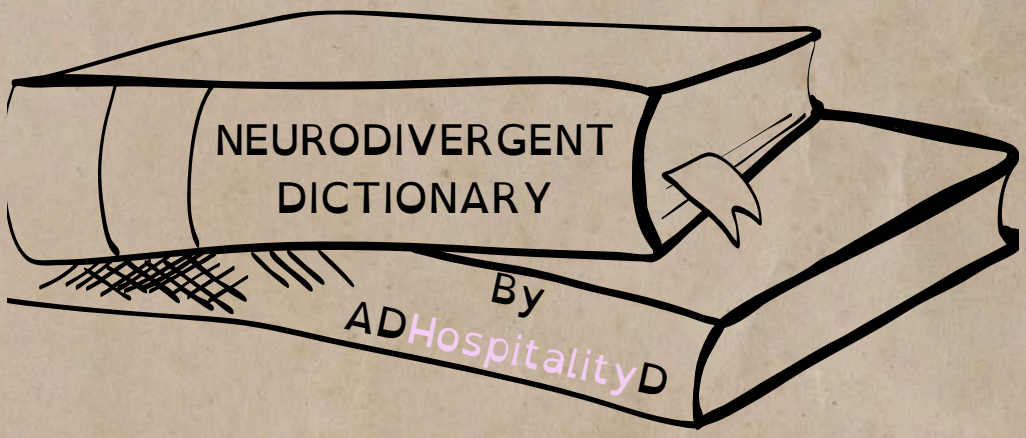
Can be for comfort, communication or processing.



EMOTIONAL DYSFUNCTION

Difficulty with managing feelings and emotions.

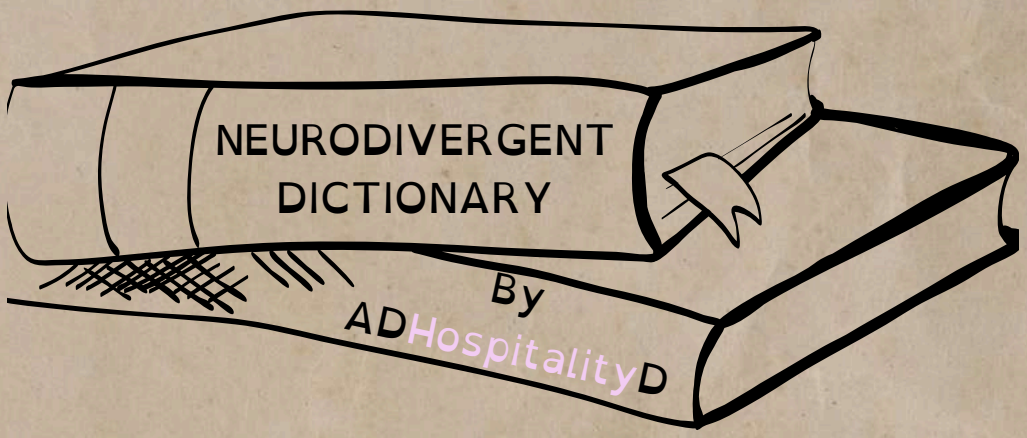
Often leading to intense reactions or responses perceived as irrational by others. Can also be responsible for sudden changes in a person's mood.



EXECUTIVE DYSFUNCTION

Difficulty with organising, initiating, prioritising or completing tasks.

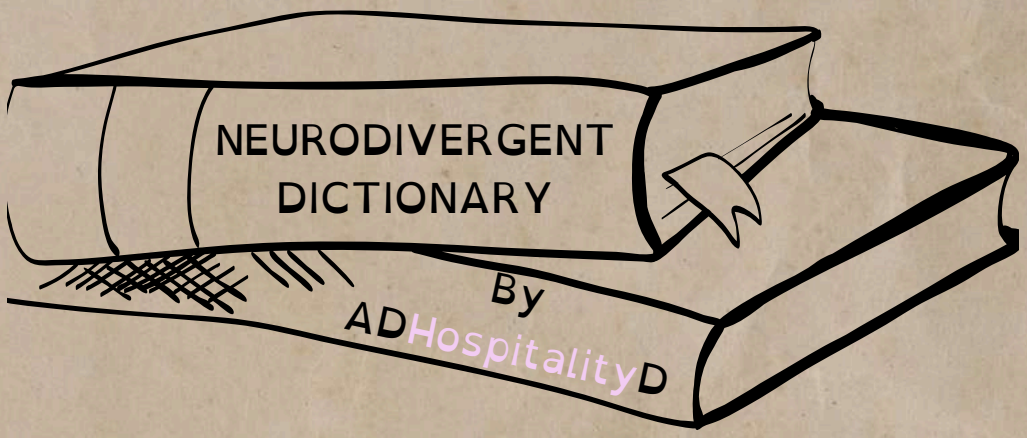
A very commonly displayed symptom of ADHD.



FAWNING

A trauma based, innate response. Characterised by excessive "people pleasing" behaviours.

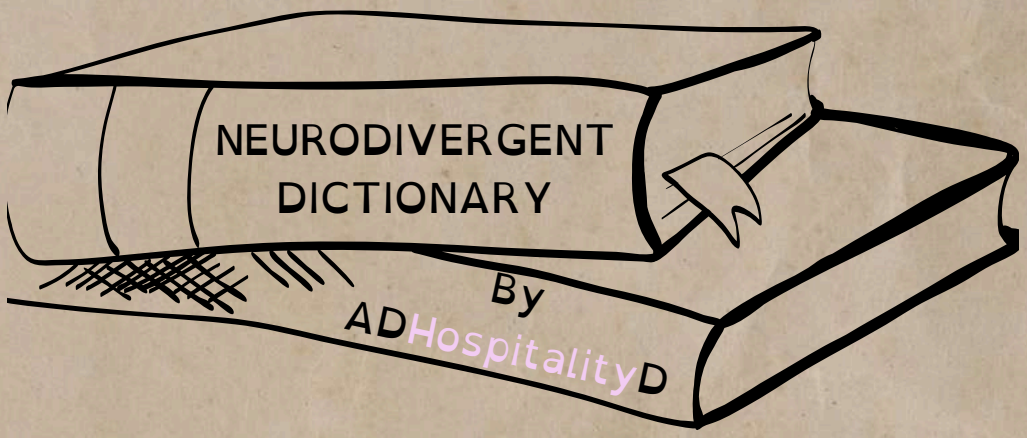
Typically displayed to avoid perceived rejection, conflict or threats.



HYPERFIXATION

Intense and prolonged focus on a specific task or interest.

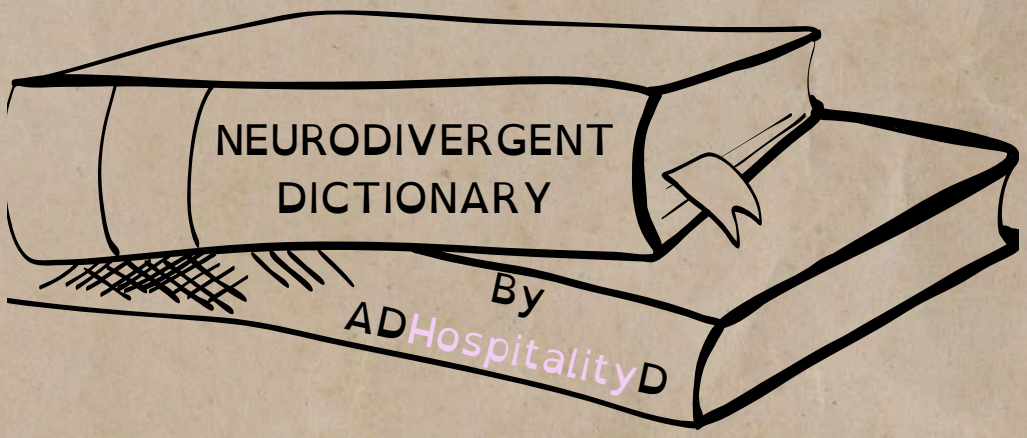
Typically to a point of neglecting other responsibilities and losing track of time.



INERTIA

A state in which a neurodivergent person will find initiating or switching between tasks.

Frequently caused by executive dysfunction.

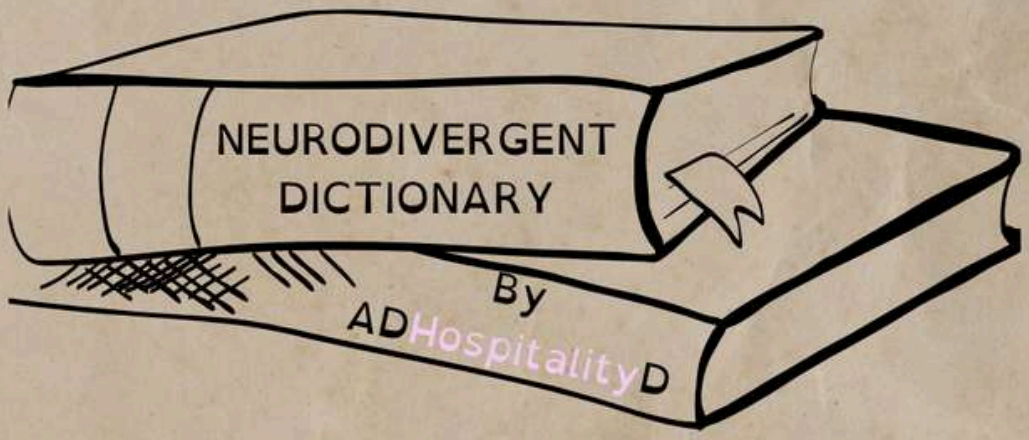


INFO DUMPING

The act of passionately sharing information about a specific topic.

Typified by extensive detail and a disregard for whether the listener is interested.

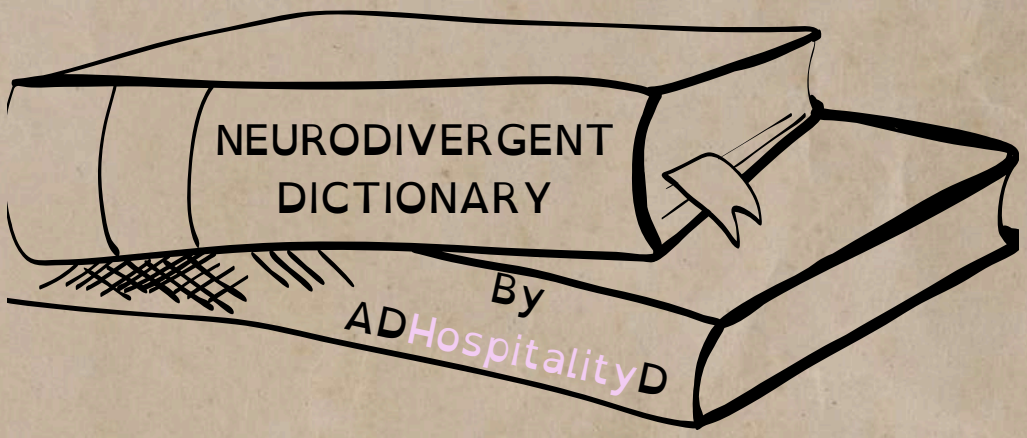
May often follow a period of hyperfixation.



INTEREST BASED NEROUS SYSTEM

People with ADHD struggle to utilise dopamine effectively. Therefore, they have an overriding tendency to act in ways which increase dopamine.

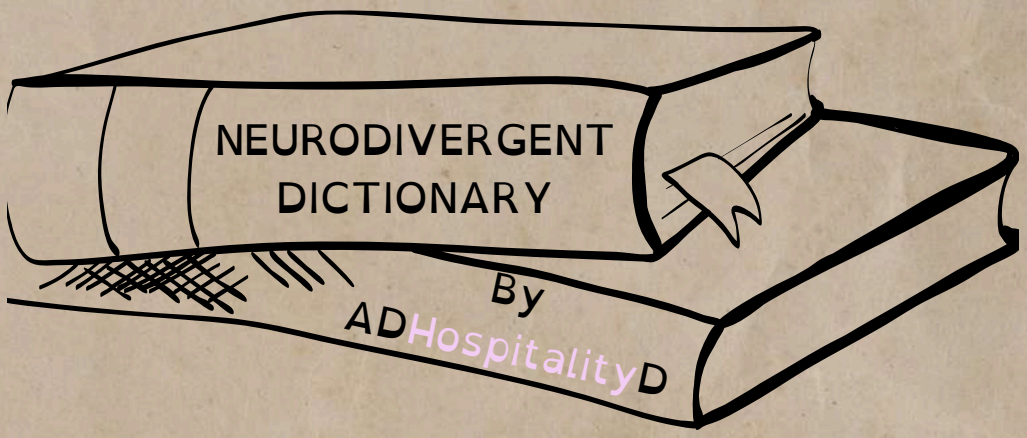
ADHD brains are often motivated by drivers such as novelty, challenge, urgency or spite as these create an increased level of dopamine in the brain.



JUSTICE SENSITIVITY

A severe and intense emotional response to perceived injustice, unfairness, immoral or unethical behaviour.

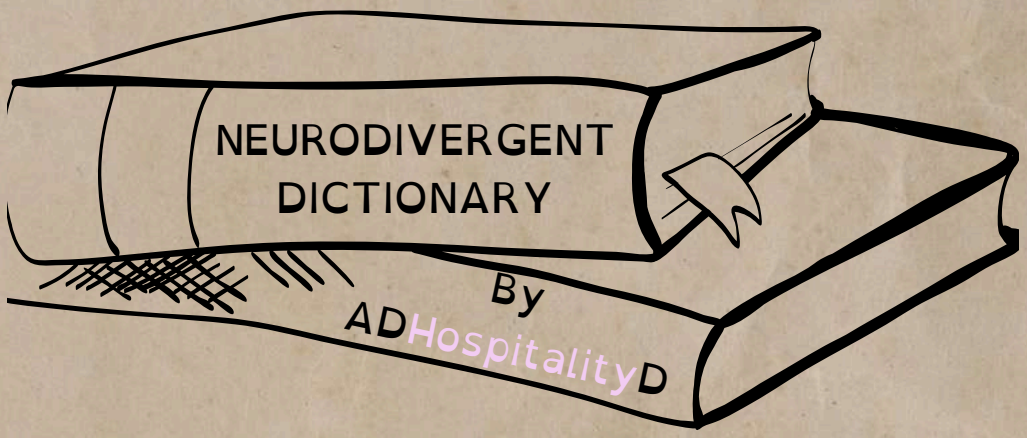
Frequently exhibited by neurodivergent individuals with OCD, ADHD & ASD.



KINETIC LEARNING

Gaining an understanding of a concept through the medium of movement or hands-on experience.

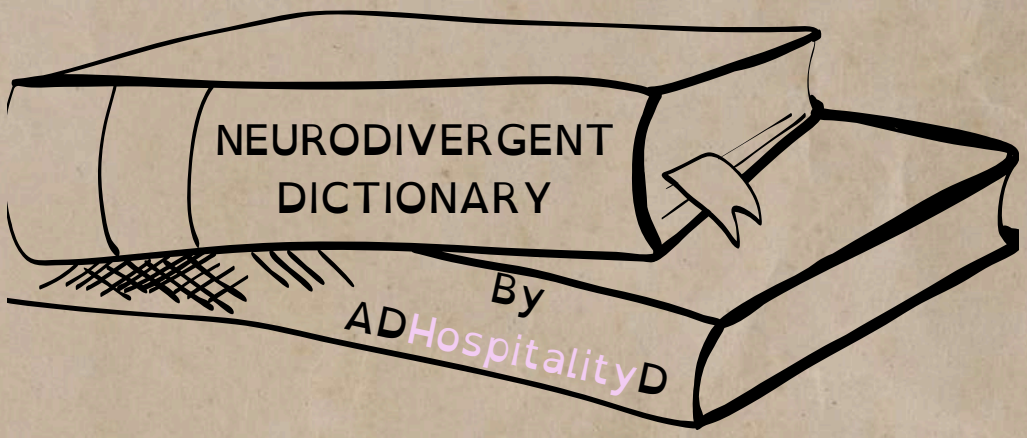
Many neurotypical individuals will favour learning things in this way.



LATE DIAGNOSIS

The act of receiving a diagnosis with a neurodivergent condition during adulthood as opposed to childhood.

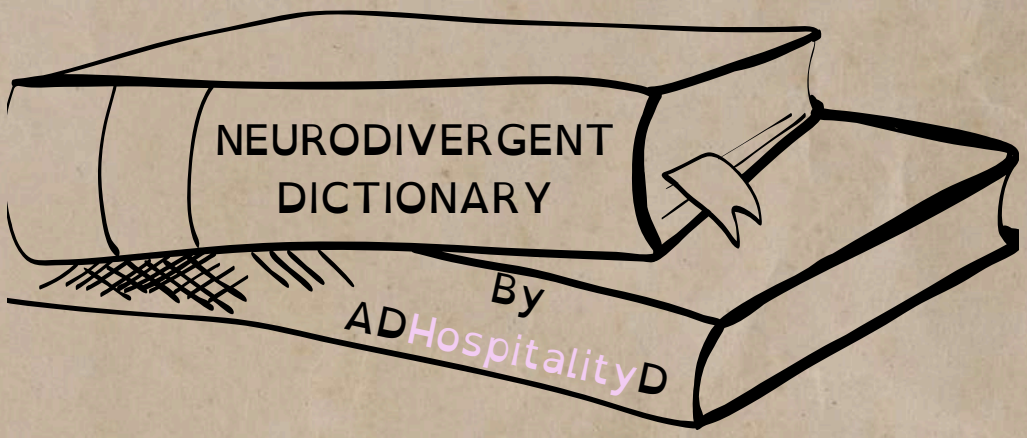
Frequently followed by feelings of relief but also "grief" for a life which could have existed if an individual had been diagnosed earlier and received the support they needed earlier in life.



LIMINAL SPACE

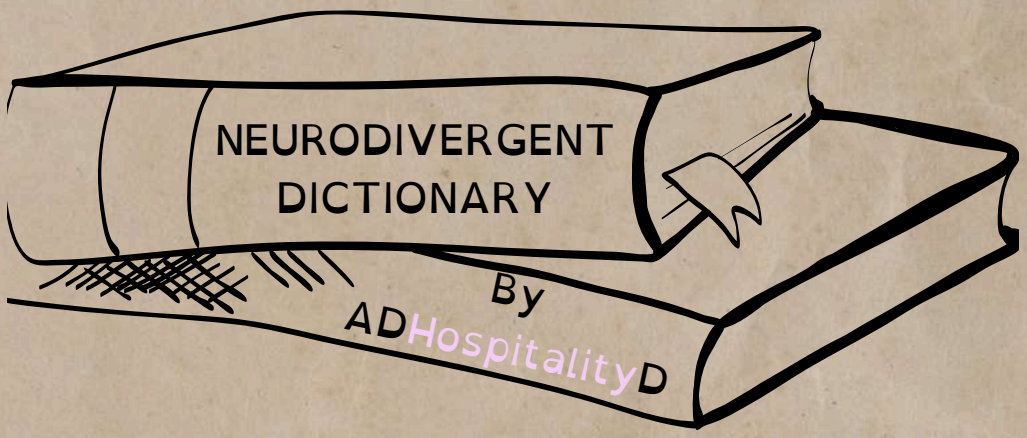
A feeling of confusion or being "in-between" after understanding what neurodivergence is and feeling that it potentially applies to you.

No longer who you once thought you were but feeling validated that other people have shared experiences and support may be available.



LOOPING THOUGHTS

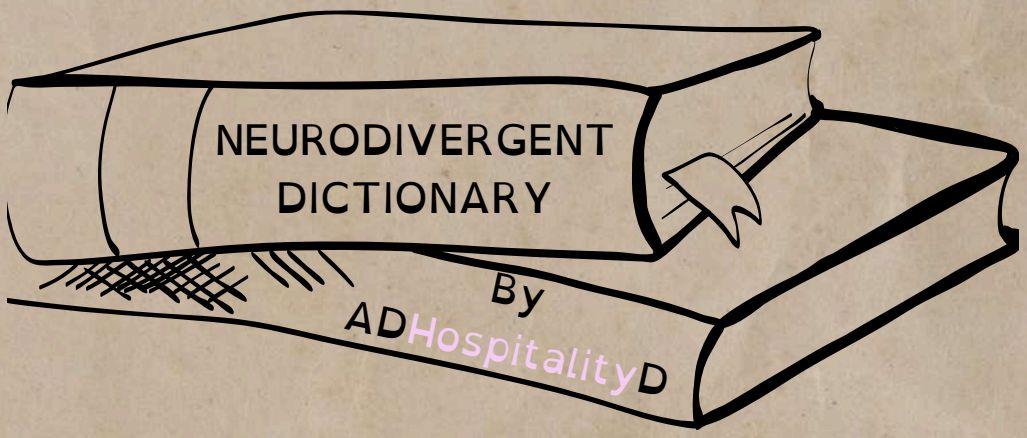
Persistent, repetitive thoughts which can be comforting but can also be distressing.



MASKING

The process of suppressing your neurodivergent traits in an attempt to appear more "normal".

A truly exhausting process which can often lead to burnout or feelings of not knowing who you "really" are.

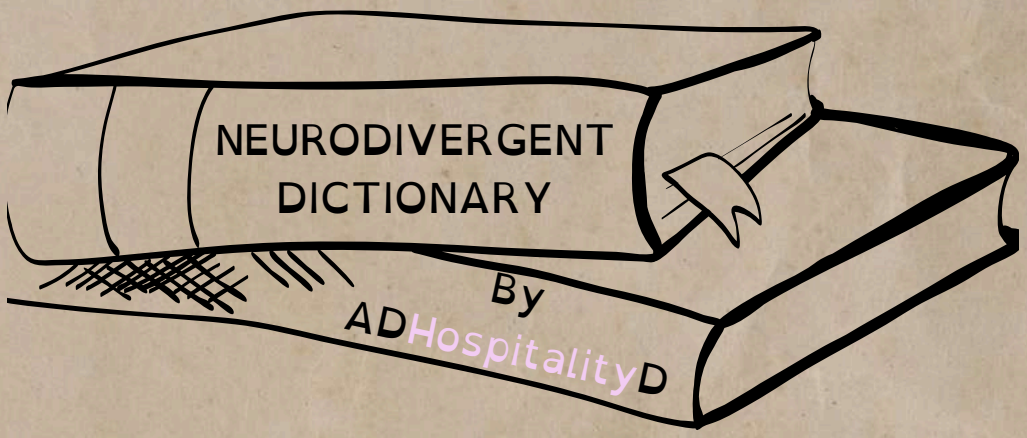


MELTDOWN

A severe and involuntary response to overwhelm.

Often involves a loss of control and clear distress, can lead to a state of catatonia in extreme cases.

Typically associated with Autism but is common in other neurodivergent conditions such as OCD.

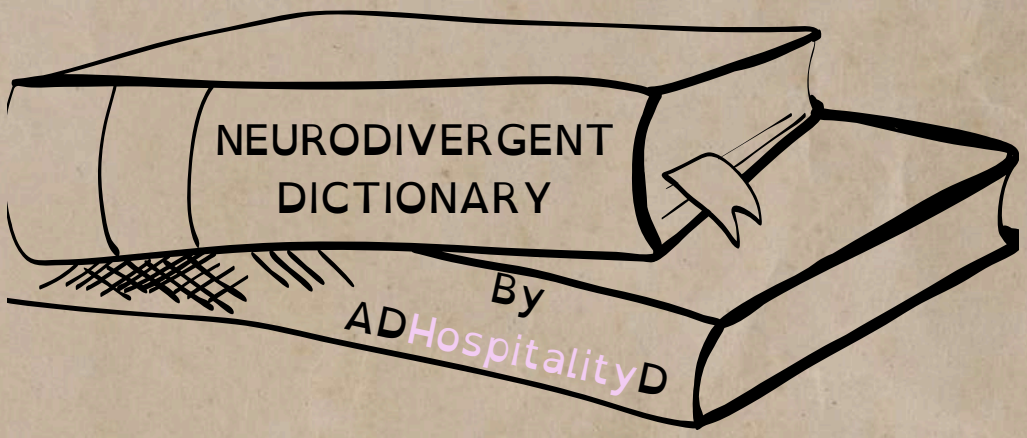


MISDIAGNOSIS

In the context of neurodivergence this can be misattributing symptoms of one condition to another.

Or, the failure to identify neurodivergence as the primary reason behind experiencing specific symptoms.

For example, it is incredibly common for a late diagnosed neurodivergent person to have a previous diagnosis with depression or anxiety.

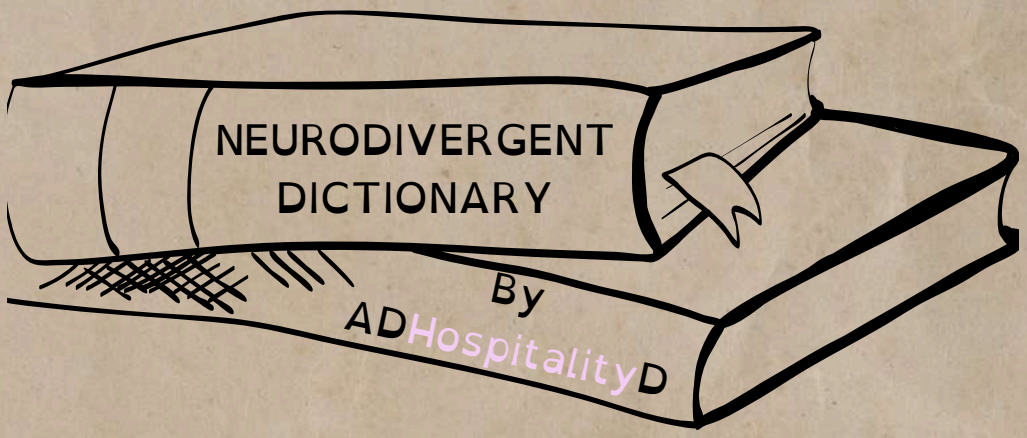


MONOTROPISM

A theory that certain neurodivergent brains have a tendency to focus intensely on a select few interests.

Contrasting polytropism which is typical of the general population, in which attention is spread widely across many interests.

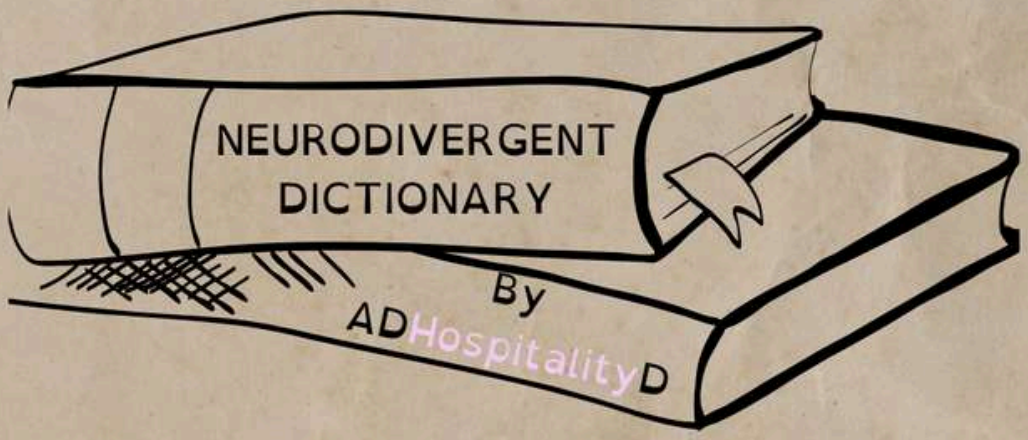
Monotropism is believed to be the primary driver of savant syndrome in which a person displays exceptional aptitude in one specific domain.



NEURODIVERGENT

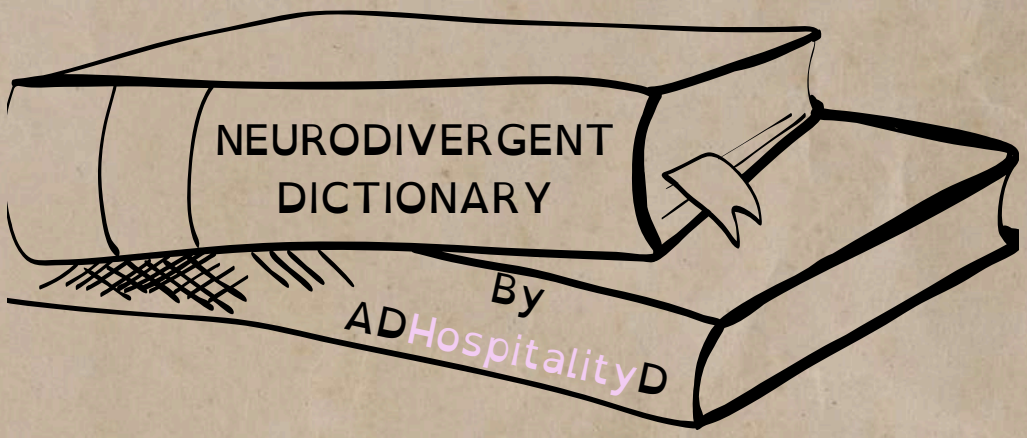
A person whose neurological functioning differs from what is considered the norm or a "neurotypical" way of functioning.

Often used in reference to individuals with conditions such as ADHD, Autism, OCD or Dyslexia but also encompasses people with acquired neurological differences from physical or psychological trauma.



NEURODIVERSITY

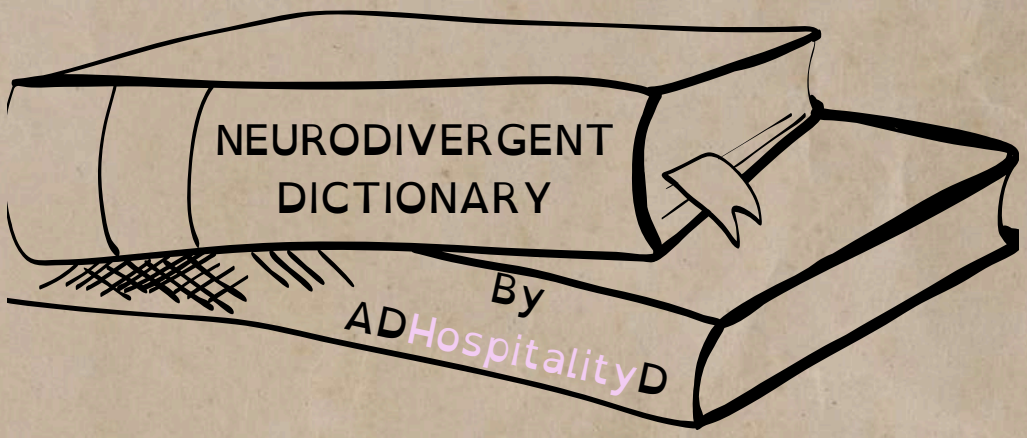
A concept acknowledging the existence of limitless variation in how people think, function and process information across the entire population.



NEUROINCLUSIVE

A term for something which is supportive, validating and respectful of neurodivergent experience. Aiming to adapt accordingly as opposed to trying to "fix" the neurodivergent person.

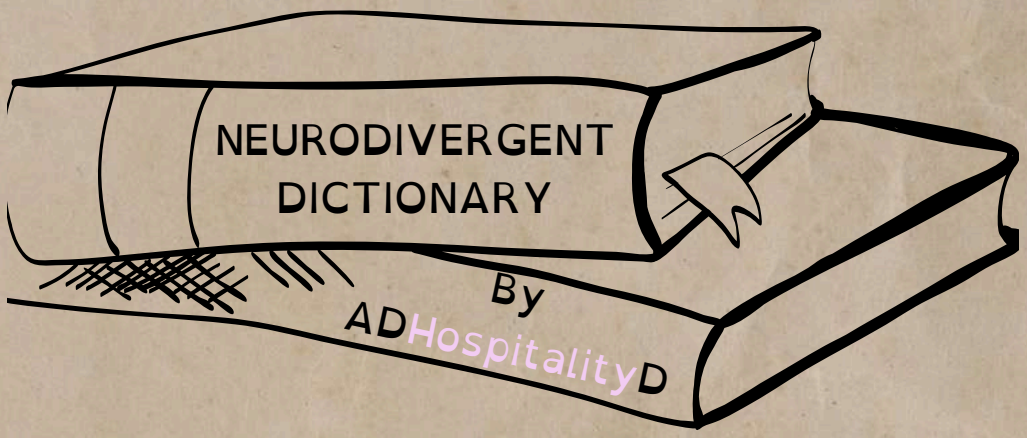
This can be an individual person, a team, an environment or even an entire business.



NON-SPEAKING

A person who does not communicate via the articulation of words. Often associated with individuals with Autism.

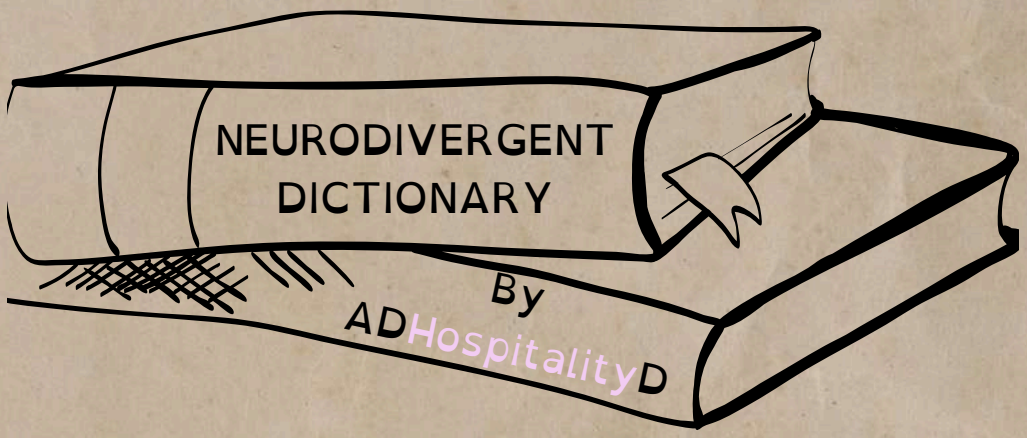
Viewed as a more respectful version of the term "non-verbal".



OBJECT PERMANENCE

A phenomenon in which if an object, person or task is out of sight or direct attention, it is forgotten about.

A very common symptom experienced by someone with ADHD.

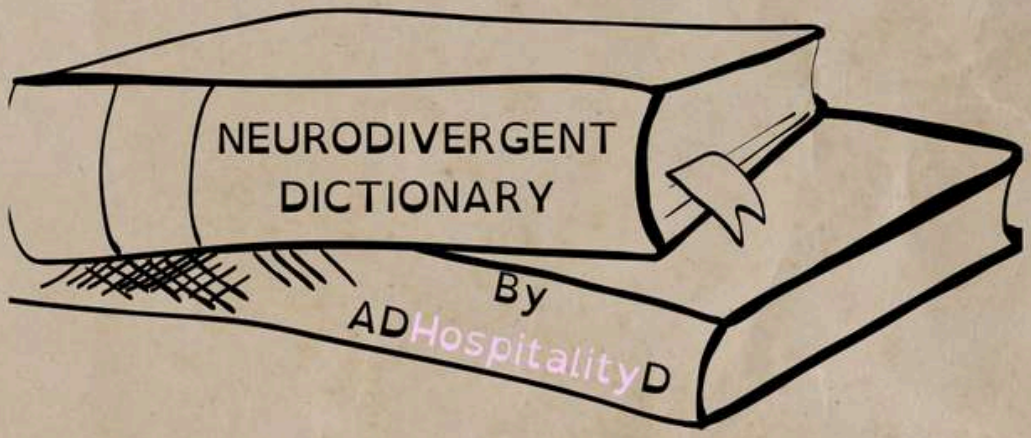


"OVER" DIAGNOSIS

A rhetoric peddled by people who fail to understand that an increase in awareness of conditions will inevitably lead to a significant uplift in diagnoses.

There are not more autistic people in the population today than there was in 1950.

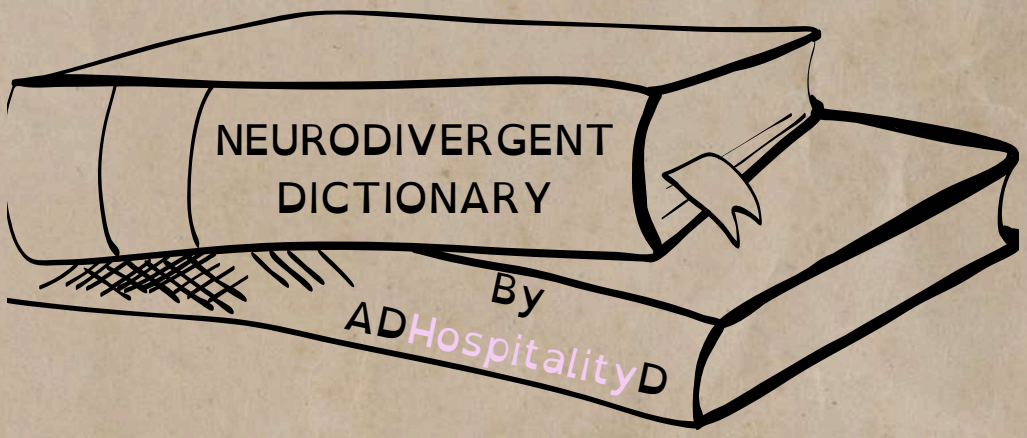
They are just being diagnosed and seeking the support they need instead of being labelled as "a bit quirky" at best or institutionalised at worst.



PATTERN RECOGNITION

An increased tendency for neurodivergent individuals to recognise patterns.

These can be patterns occurring visually or can also be in relation to behaviours or events.

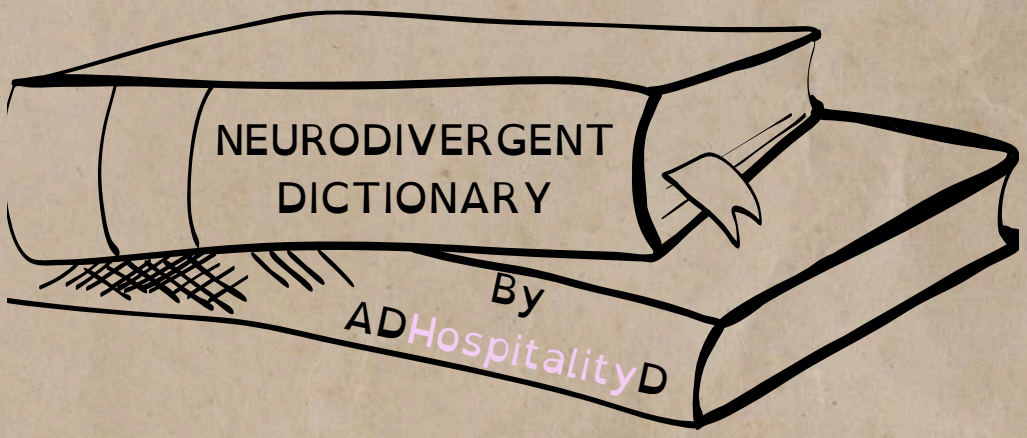


PEOPLE PLEASING

The act of being agreeable to others. Often to the detriment of the person being agreeable.

Stems from a desire to avoid conflict, conform to social norms or mask true feelings.

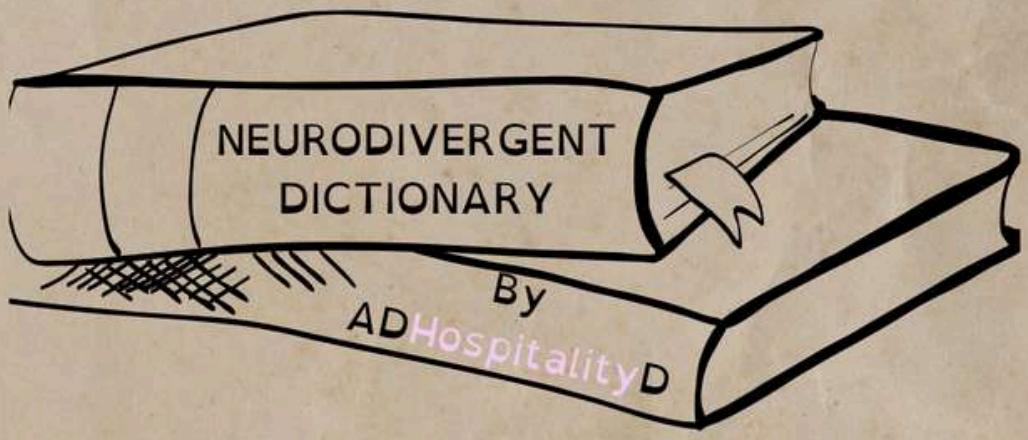
Can lead to emotional exhaustion and eventually resentment of others.



ROUTINE

It is common for people with Autism to have an immense preference for structure and predictability in the form of routine.

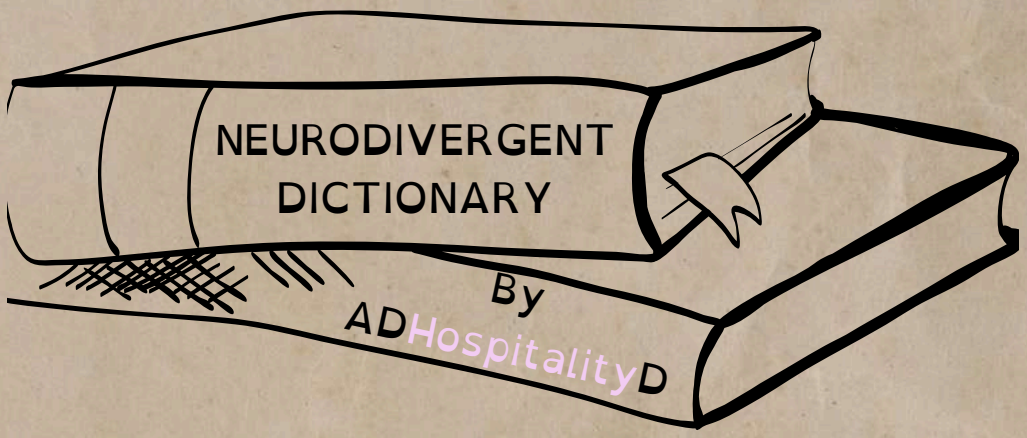
This is a sub-conscious coping mechanism developed in response to the anxiety which things such as sensory overwhelm and emotional dysregulation can cause.



RSD

Rejection Sensitivity Dysphoria is an exceptional response to perceived or actual rejection.

Negative feedback, criticism or failure is often perceived as rejection by people with ADHD and can trigger intense feelings of depression and anxiety.

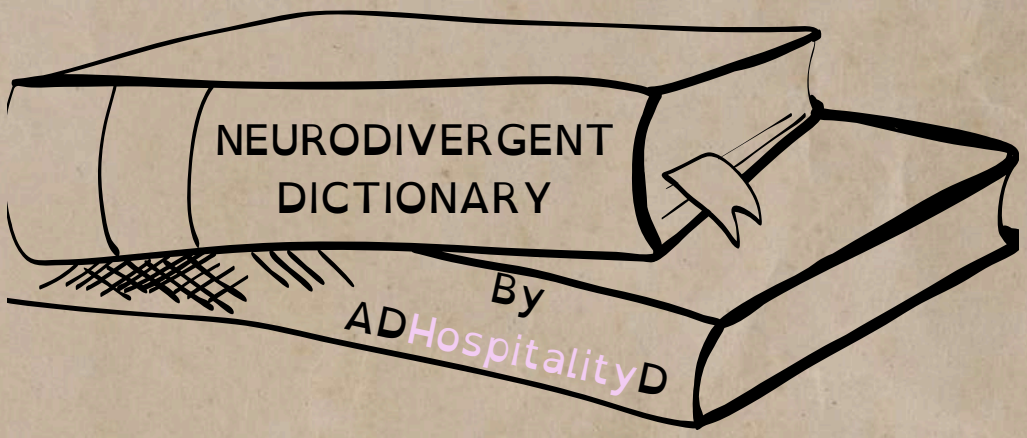


SELF-MEDICATING

The act of utilising substances or behaviours to manage certain symptoms associated with being neurodivergent.

Alcohol is often used to combat stress, caffeine used to combat exhaustion or even cocaine used to increase levels of dopamine.

As many as 50% of adults with ADHD will develop a substance use disorder at one stage of their lives.

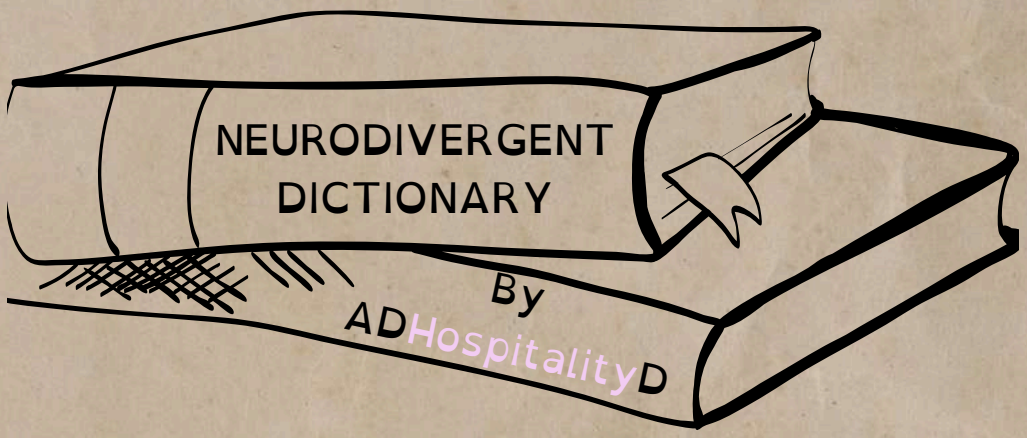


SENSORY OVERWHELM

The struggle in processing a large number of sensory inputs at one time.

This struggle can lead to feelings of extreme distress and anxiety.

A symptom often experienced in Autism & OCD.

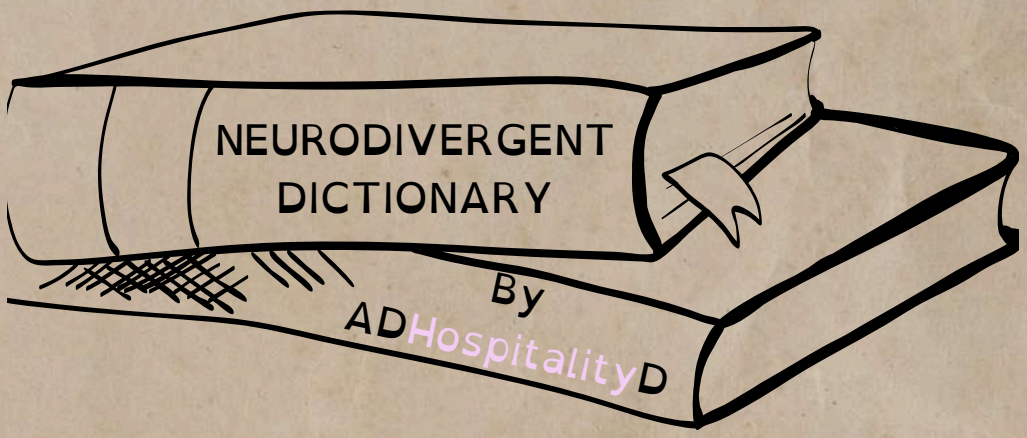


SOCIAL BATTERY

Used as a colloquialism for a level of social-fatigue.

Refers to a person's readiness to engage in a social situation.

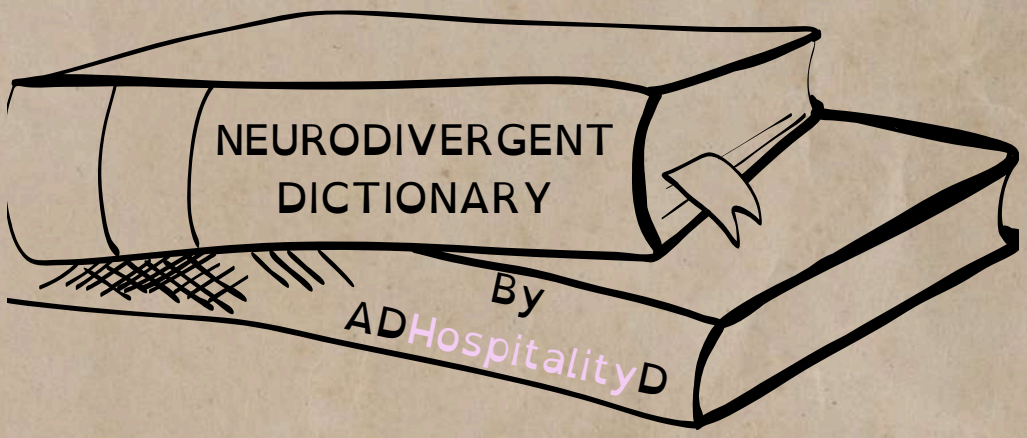
Social situations can often be particularly exhausting for neurodivergent individuals due to masking, the effort required to navigate social norms or sensory overwhelm.



SSRI

Selective Seretonin Reuptake Inhibitors such as Fluoexetine (Prozac) or Sertraline (Zoloft) are typically used as anti-depressants and are commonly prescribed to neurodivergent individuals to help with symptoms of depression.

They are also prescribed to individuals with OCD due to their ability to reduce feelings of anxiety which commonly exacerbates symptoms of OCD including intrusive thoughts.

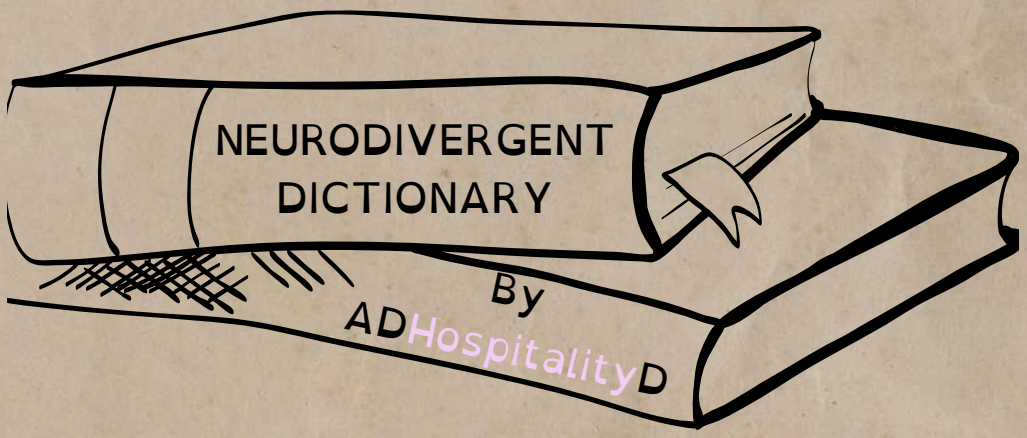


STIMMING

Self-stimulatory behaviour.

The act of repetitive movement, sound or activity used as a coping mechanism to self-regulate emotion.

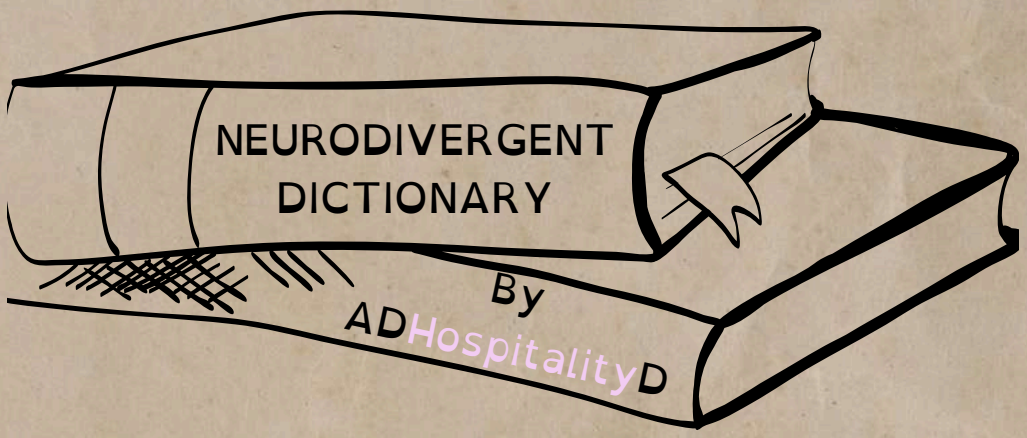
A typical behaviour exhibited by those with Autism and can include rocking, humming or hand-flapping.



STIMULANT MEDICATION

Common examples include Amphetamines (Elvanse, Adderall) or Methylphenidate (Concerta, Ritalin).

They work by increasing dopamine and norepinephrine in the brain which improves levels of concentration and decreases hyperactivity or impulsivity.

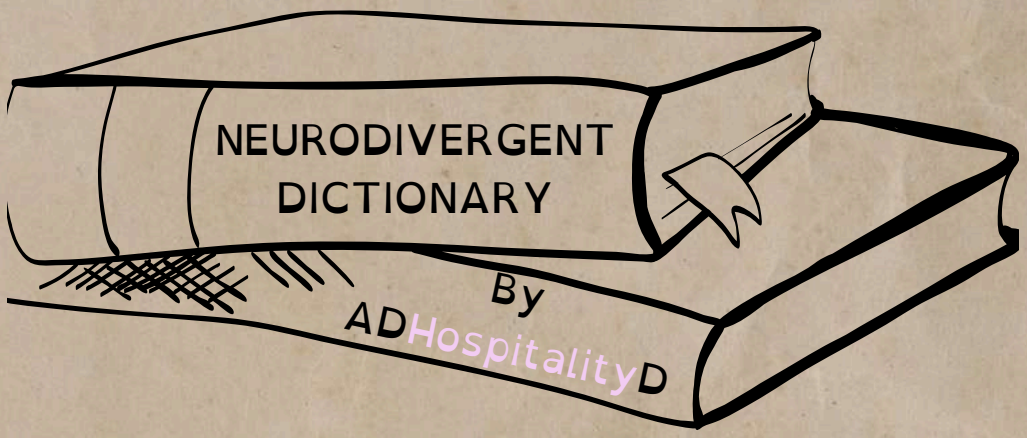


"SUPERPOWER"

A divisive term, used to highlight certain areas of neurodivergence or indeed, entire conditions which could give people a perceived advantage, in certain situations, in comparison to somebody who is neurotypical.

This term is often criticised for being reductive and discounting the myriad of difficulties which neurodivergent people face everyday.

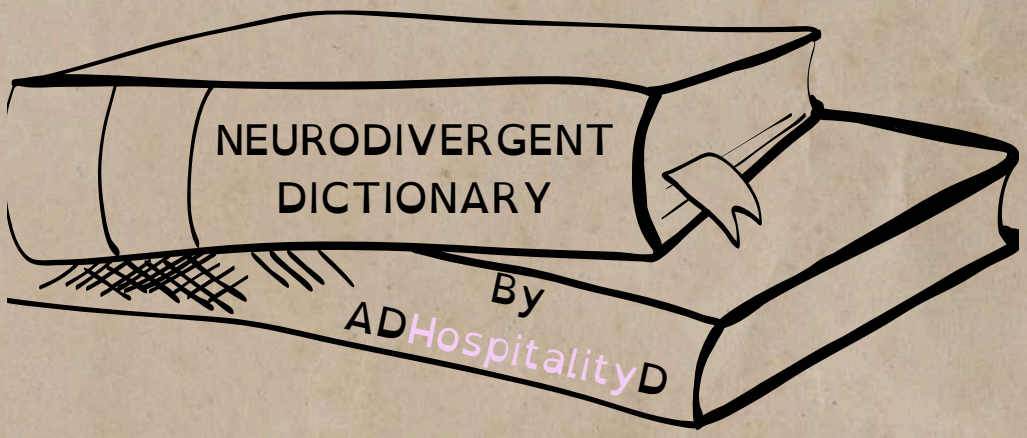
Put simply, a true "superpower" such as say, the power of flight, would not be given up if offered the chance. If I was offered the opportunity to give up my ADHD then I would.



THERAPY

A broad range of clinical treatments which can be used by any individual who is neurodivergent to assist them with managing the difficulties of their condition.

Examples include Cognitive Behavioural Therapy (CBT) which aims to challenge maladaptive thought processes and typically used as a treatment for OCD. Or, Dialectical Behaviour Therapy (DBT) which aims to help individuals manage intense emotional responses and is particularly useful with conditions such as Autism or Borderline Personality Disorder.

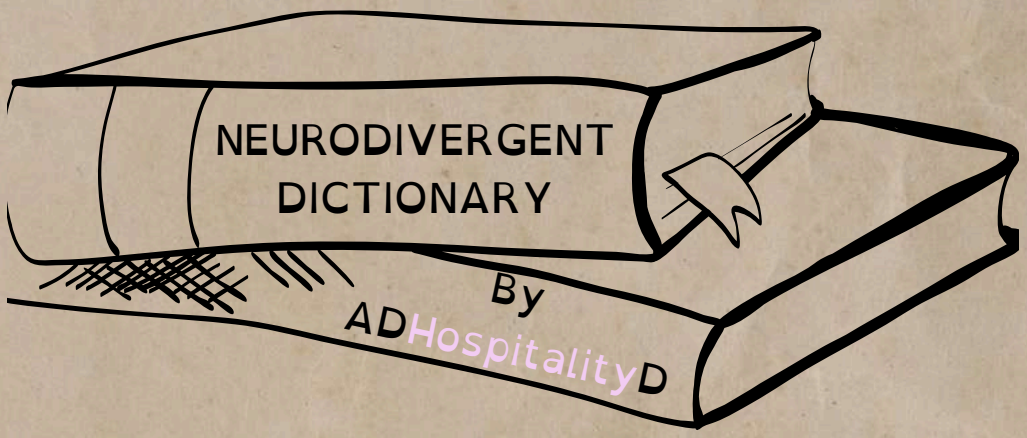


TICS

Sudden, repetitive and involuntary movements (motor tics) or sounds (vocal tics).

It is important to remember that a person has no control over their tics.

Commonly associated with Tourette Syndrome as they are a typical symptom of the condition. However, those who display tics do not necessarily have Tourette Syndrome.

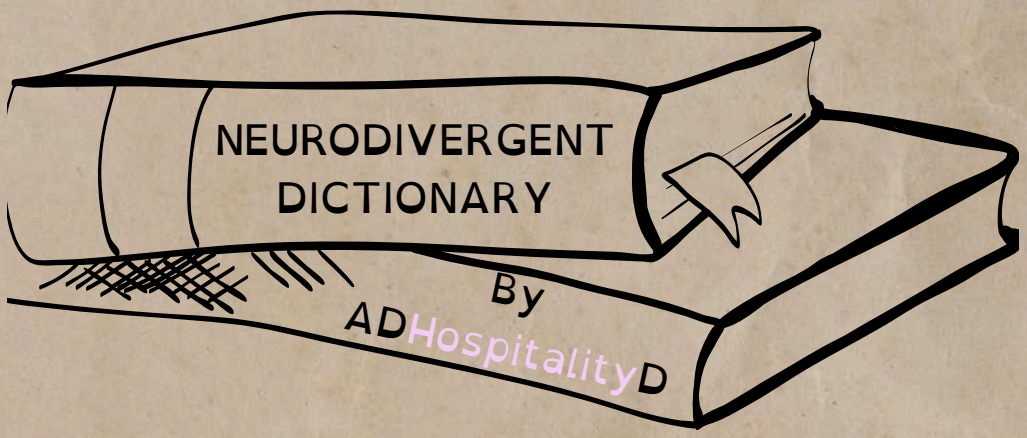


TIME BLINDNESS

A difficulty in perceiving and managing time.

Typified by difficulty in estimating the amount of time a task will take or an unawareness of how much time has passed.

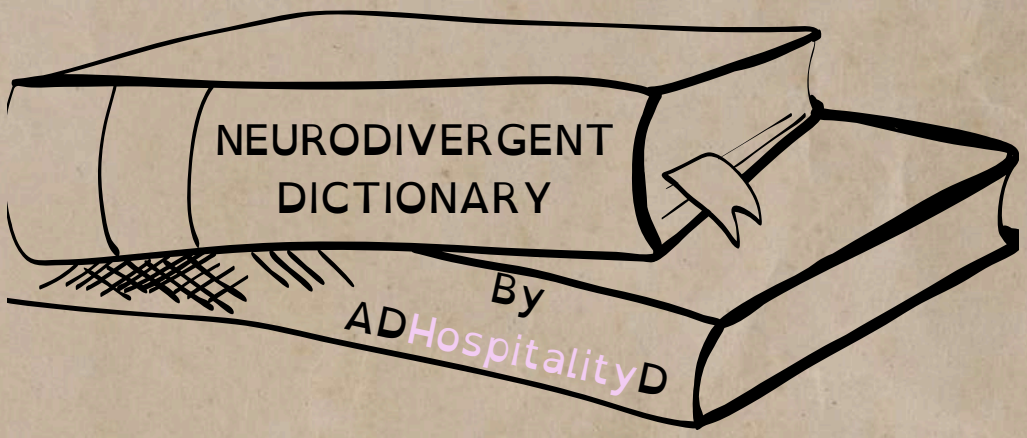
A common symptom of ADHD and is often associated with periods of hyperfocus.



TITRATION

In the context of neurodivergence this refers to the process of establishing the most effective dosage of a specific medication for an individual.

A process all those who use stimulant medication for ADHD must go through. This process finds the optimal dosage at which the positive effects are felt with a minimal amount of negative side effects.



UNMASKING

The process of reducing behaviours which are not natural for a neurodivergent person but are used to conform to social norms and hide neurodivergent traits.

Unmasking can lead to huge feelings of relief and allows neurodivergent people to relax and be the true versions of themselves. This can only be done in environments in which a neurodivergent person feels free from judgement.