



01. The neurodivergent brain tends to be highly sensitive.

This is related to natural variations in how the neurodivergent brain processes emotions, sensory input, and stress.



02.



Neurodivergent folk are often less able to notice their emotions building.

This is because rising emotions are signalled differently, so they may not be noticed until the emotion is already very strong.

03.



This can look like feelings going from “zero to 100”.

Which makes it hard to use coping strategies in the heat of the moment.

It also means it can take longer to return to a state of calm.

This is not poor behaviour. Moving on from such big feelings takes time.

04.

