

- Disclaimers
 - This is not about toxic positivity. This is about finding a way to improve or neutralize negative perceptions about your neurodivergence.
 - Hating or being ashamed of any part of yourself is exhausting. Let's figure out ways to repurpose that energy so that it serves us, instead of drains us.
- Neurodivergence is a non-medical term meaning a difference in mental or neurological function from what is considered typical or normal
 - You process information differently from the majority of individuals
 - Neurodivergence oftentimes isn't easy to see, which can make others less empathetic or understanding of differences
 - HUGE stigma around neurodivergence, which discourages individuals from approaching neurodivergence with curiosity
- Your neurodivergence does NOT make you: lazy, stupid, arrogant, difficult, mean, flighty, disrespectful, uncaring, dramatic, selfish, attention-seeking, rude, whatever other name has come up when discussing individuals who are neurodivergent
- Masking is a process in which individuals change or "mask" their natural personalities or behaviors to conform to social norms or conventional "expected" behaviors
 - Masking isn't necessarily a bad thing, everyone masks (think about the way you behave in a job interview versus the way you behave when on a first date versus the way you behave with someone you've known for years and feel very comfortable with)
 - Ask yourself: How much time/energy is utilized to mask? Do you ever feel comfortable taking off the mask? How do you feel about your authentic self?
- Reframing thoughts
 - The way you think about yourself is habitual. Your thoughts can impact your brain chemistry. Being intentional about your thoughts actually works to change the chemistry in your brain, which can change the habits you have about the way you think.
 - If you habitually think of your neurodivergence in a negative light, forcing yourself to think either neutral or positive thoughts can help to combat your negative habitual thoughts. Even if they feel false at the beginning, eventually your brain will get onboard.
- SuperPower is a special or extraordinary superhuman ability that is greater than what is considered normal
 - In stories, SuperPowers are often feared because they're not understood. The individual with the SuperPower oftentimes doesn't understand how awesome it makes them, OR they try to stifle/deny their powers.
 - SuperPowers have to be discovered by each individual because (1) not everyone with the same neurodivergence will experience the same symptoms and (2) not all of the same symptoms will generate the same types of responses within someone
- How to embrace your SuperPower
 - Accept yourself. Accept that your neurodivergence is part of who you are.
 - Learn yourself. Learn what you're good at, what you enjoy, what comes naturally.
 - Trust yourself. Be curious, push yourself to embrace those parts, practice dropping the mask.
 - Lean into yourself. Find safe spaces to unleash the SuperPower within!
- Harnessing your power
 - Education. Learn about and understand your SuperPower.
 - Training. Therapy, counseling, self-reflection.
 - Support. Sidekicks, family members, other supporters.

My SuperPower is Neurodivergence
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- Tools. Medication, fidget toys, headphones.