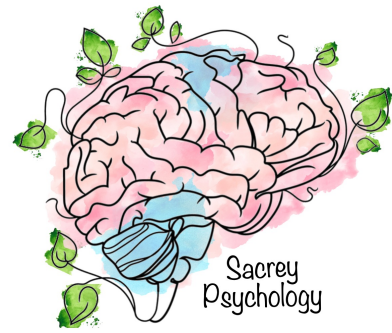


Newsletter



Welcome to my seasonal newsletter – a very brief update on things that I find or create that may be of interest to you. For winter 2024, I have two updates:

First I have been thinking a lot about verbal communication and there are two topics that have come up quite a bit in my sessions:

DIRECT VS. INDIRECT COMMUNICATION

A person uses **direct communication** when they say explicitly and plainly what they are thinking or what they want you to do.

For example: "Can you go to the store to buy 2% milk?"

This tells you (the listener) that the person wants to know if you can go to the store and buy the milk.

A person uses **indirect communication** when they do not explicitly or plainly say what they are thinking or want you to do. Rather, they use gestures, body language, and tone of voice to provide cues to what they want.

For example: "We are out of 2% milk."

This only tells you that there is no more milk. Yet, there is the indirect (and unspoken) query that asks, "who is going to get more milk?"

This can lead to challenges because some neurodivergent thinkers do not "hear" the indirect query AND many neurotypical people use indirect communication to make requests. This can lead to confusion, distress, and conflict!

CORRECT VERSUS RIGHT

Another area that can lead to conflict for neurodivergent folks is the difference between being right and being correct

Thought experiment: Have you ever had to do a forced choice test where you are only allowed to pick one answer? For example:

I prefer the theater over museums True False

How would you answer this question?

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One person may struggle to answer this question because there is not enough information. For example, what type of theatre? Is it a stage play, musical theatre, or the cinema? And what type of museum is it? Cars, airplanes, gopher museum?

There are too many unknowns to provide a confident answer.

Another person may more easily pick an answer based on their own law of averages. That is, in general, they would think to themselves, 'I like theatre this much (say 30% because they assume its stage theatre) and I like museums this much (say 60% because they are thinking of the dinosaur museum they went to). Based on this process, they would pick Museum because of their average experience of the examples they picked to represent each category.

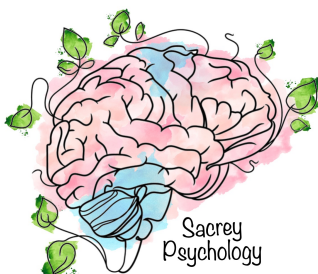
Who does this and what are these patterns called?

Read more here: <https://www.sacreypsychology.com/post/communicating-being-direct-and-correct>

My website also contains other topics that may be of interest to you:

<p>1</p> <p>What is Autism? A Primer</p> <p>Autism is a form of neurodiversity that is characterized by two main features: differences in social communication and preferred interests and routine</p>	<p>2</p> <p>What is ADHD? A Primer</p> <p>ADHD is a form of neurodiversity that is characterized by differences in modulating attention and/or impulsivity or hyperactivity</p>	<p>3</p> <p>Sensory Differences</p> <p>Neurodiversity is often associated with differences in how sensory information is processed</p>	<p>4</p> <p>ND Websites</p> <p>Websites for organizations or societies that provide resources, support, and information on Autism or ADHD</p>	<p>5</p> <p>Autistic Burnout</p> <p>"Autistic burnout" has been used for a long time by members of the autistic community to describe the negative impact of living in a world set-up for neurotypical people</p>
<p>6</p> <p>Rejection Sensitivity</p> <p>A phenomenon that many ND individuals experience, which is an intense emotional reaction to real or perceived criticism or rejection</p>	<p>7</p> <p>Demand Autonomy</p> <p>A powerful drive for autonomy (PDA) that is characterized by an anxious reaction to demands</p>	<p>8</p> <p>ND Resources</p> <p>A collection of strategies or worksheets tailored to the ND experience</p>	<p>9</p> <p>Time Management Strategies</p> <p>A series of suggestions to help manage time and organize when focusing on completing a task</p>	

<https://www.sacreypsychology.com/nd-information>



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