

# 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 summer 2024, I have two updates:

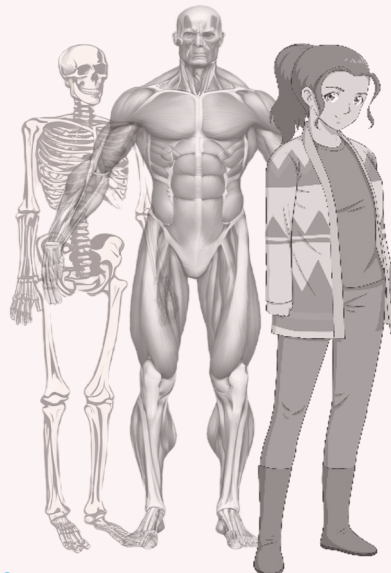
First, I have been thinking a lot about how to best conceptualize the complex and intricate nature of autism and ADHD. I have created two resources that I feel capture the multi-layered nature of neurodiversity.

Each resource contains three layers - skeleton, musculature system, the face:

The skeleton is a metaphor for the diagnostic criteria as outlined in the Diagnostic and Statistical Manual (DSM).

You then overlay this with the musculature system, which includes the things that the person experiences that may or may not be a part of the DSM criteria.

Finally, the overlay with the skin/clothes represents the mask or the concept of self that one presents to the world.



The three layers of Autism:

<https://www.sacreypsychology.com/3-faces-of-autism>

The three layers of ADHD:

<https://www.sacreypsychology.com/3-layers-of-adhd>

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Secondly, I have added some tips and strategies on how to navigate relationship conflict. Communication, especially communication that consists of emotionally salient content, can be more challenging for neurodivergent folks (who are more likely to experience emotional dysregulation and difficulties in communication more generally).

The tips are primarily geared towards romantic partnerships, but many of the tips can work for platonic and familial relationships as well.

### Here's a sample

#### Invite your partner to join you.

You invite them to join you in the bubble, loving space, communication zone, or a name you both choose to indicate that you want to have a conversation about your relationship with the aim of building a loving partnership. This space is not meant to be judgmental, but a safe space where you can express your concerns and worries without fear of reprisal.

#### Use I statements.

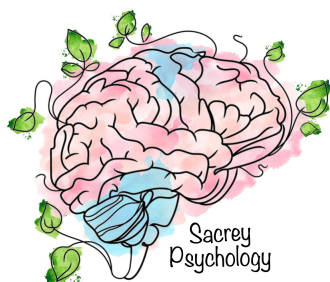
When communicating your concern, be sure to frame it using I statements. For example, "I felt that I was not being understood" versus "you don't understand me." 'I' statements invite inquiry whereas 'you' statements can bring up defences in your partner.

#### Use active listening.

Do not assume your understanding of a situation is the same as your partners. Everyone experiences a situation differently. Ask them questions to understand their perspective of the experience, such as "how did that make you feel" or "what did you take away from that conversation."



To read more: <https://www.sacreypsychology.com/relationship-conflict>



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