

The Neurodivergent Nervous System: From Survival to Restoration

This infographic explores the lived experience of neurodivergence, shifting the focus from 'pathological deficits' to nervous system regulation. It highlights how sensory overwhelm, hormonal shifts, and Rejection Sensitive Dysphoria (RSD) create a unique internal landscape that requires compassionate, tailored support.

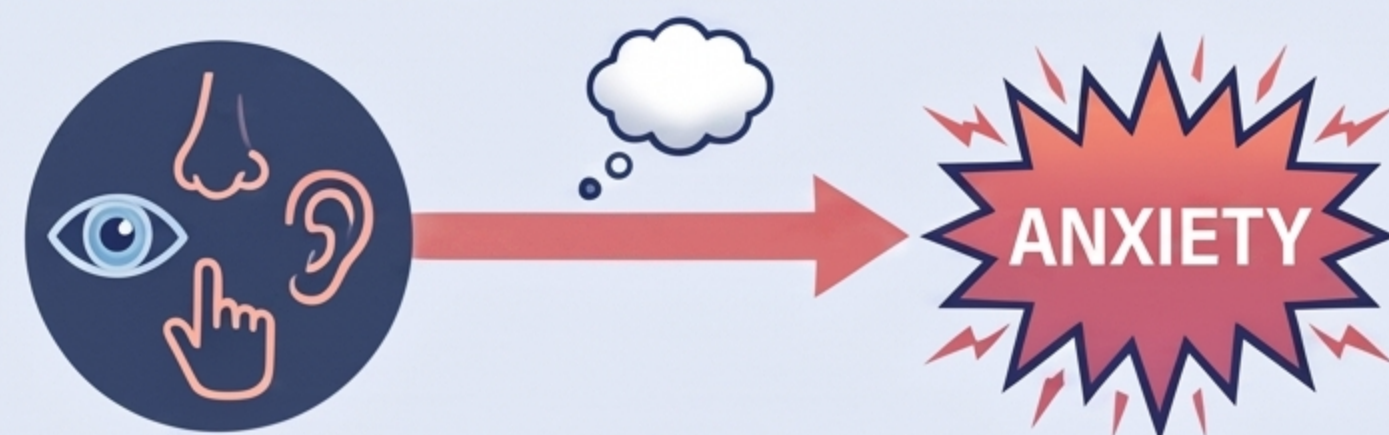
The Internal Landscape

Rejection Sensitive Dysphoria (RSD)



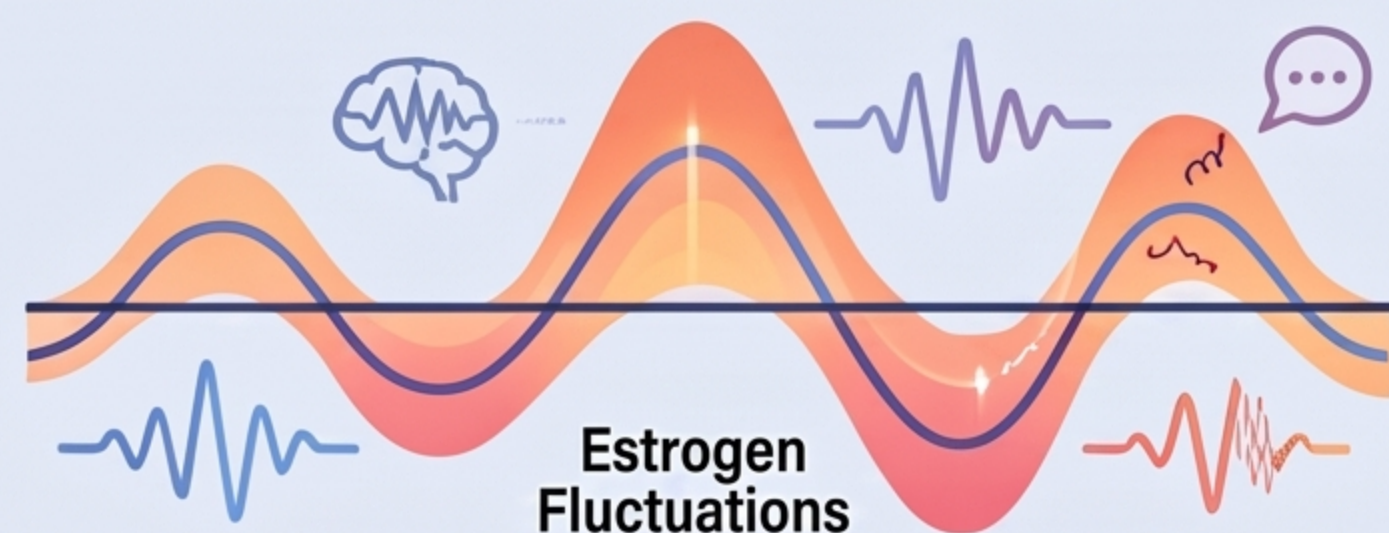
Intense emotional pain or 'tidal waves' triggered by real or perceived criticism or failure.

The Sensory Root of Anxiety



What appears to be clinical anxiety is often a survival response to sensory overwhelm.

The Hormonal Missing Piece



Estrogen fluctuations can significantly amplify ADHD traits, sensory sensitivity, and emotional dysregulation.

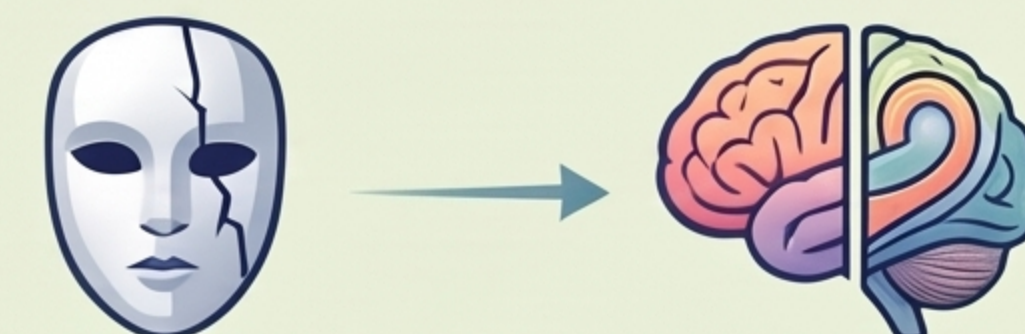
Navigating the Window of Tolerance

A Narrower Window of Tolerance



Neurodivergent brains often have a smaller zone for handling stress before hitting shutdown.

Trauma vs. Pathological Deficit



Masking and chronic environmental stress create trauma responses often mistaken for inherent 'disorders.'

Tools for Nervous System Restoration



Utilize stimming, EFT tapping, and sensory nourishment to shift from survival to safety.

Traditional Label

- Character Flaw / Irritability
- Behavior Problems
- Clinical Deficit

Neuro-Affirming Perspective

- A signal of nervous system overwhelm
- A threat response to sensory or environmental stress
- Natural neurological variation requiring specific support