The Neurodivergent Nervous System: From Survival to Restoration

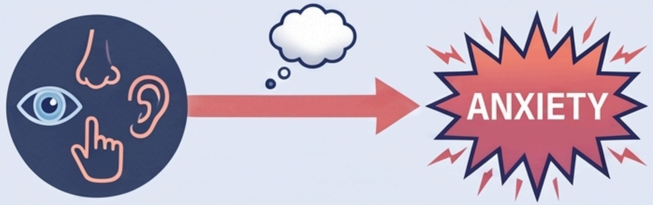
This infographic explores the lived experience of neurodivergence, shifting the focus from 'pathological deficits' to nervous system regulation. It highlights how sensory overwhelm, hormonal shifts, and Rejection Sensitive Dysphoria (RSD) create a unique internal landscape that requires compassionate,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

The Internal Landscape

Rejection Sensitive Dysphoria (RSD)

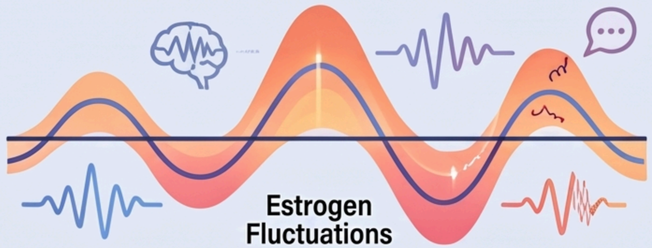
Intense emotional pain or 'tidal waves' triggered by real or perceived criticism or failure.

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.

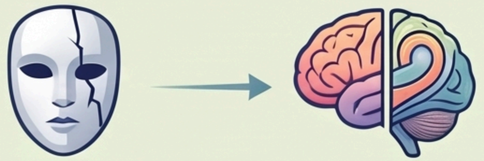
Traditional Label	Neuro-Affirming Perspective
Character Flaw / Irritability	A signal of nervous system overwhelm
Behavior Problems	A threat response to sensory or environmental stress
Clinical Deficit	Natural neurological variation requiring specific support

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 & CHRONIC STRESS → THREAT RESPONSE

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.

Gemini Notebook