

Substacks Writings

Writing 1

Welcome to our AuDHD community.

For a long time, we haven't had a dedicated community for the gifted autistic and ADHD minds.

This Substack is reader-supported. To receive new posts and support my work, consider becoming a free or paid subscriber.

This is why we exist.

As an AuDHD myself, I have first-hand life experience about the struggles of this condition.

We will start with expounding on the life experiences of a neurodivergent mind. An AuDHD individual possesses two half-minds as they are diagnosed with ADHD and autistic traits.

This community comprises 3% of the world's population although sub-categories of ADHD, Autistic and AuDHD individual minds exist.

I know the struggles I face with being too truthful, too direct, too literal in my thinking and asking too many questions about simple topics that should be easily answerable.

This is the neurodivergent mind in a nutshell.

We are deep thinkers who must not only be directed but need to understand the why behind the directions for it to make sense.

Due to the struggles of feeling isolated and misunderstood, we often face depression, anxiety and isolation.

Other challenges include troubled sleep and negative thought patterns, making it hard to flip the mind loop back to the positive aspects.

I understand the challenges of forcing oneself to fit in and mask their feelings, leading to a constant misunderstanding.

Other times, trying to blend in with the crowd is hard as neurodivergent minds prefer deep thinking and comprehending questions rather than small talk.

Our abilities and gifts are varied and self reflective. The mind of any AuDHD has a specific hyper focus that leads to creative outside-the-box thinking in the workplace, better organization of tasks, more profit for companies and an overall loyalty and work ethic that few neurotypical individuals can match.

What is our community about?

#1 Our first objective is to raise awareness about AuDHD and those who are affected. As a shared space, we have an opportunity to share stories and life experiences about the struggles of this diagnosis.

Learning from one another will be important to understand the struggles and strategies adopted by community members to cope with life. A rich resource of experiences will be essential to move our community forward.

#2 Second, we aim to create a rich knowledge database, outlining case studies of those with AuDHD and how they are transforming their own part of the world. As we lend a voice to each one of us, we will have a

wide array of articles, books, and resources that we can access from our community.

#3 Third, we also aim to seek funding to continue to promote awareness about the AuDHD community. As AuDHD individuals, we are gifted and talented at the workplace. However, we are often overworked and struggle with autistic burnout leading to energy drain. Seeking partnerships with leading autistic and ADHD communities will contribute to our mission and support this cause.

Our publication schedule involves three weekly long-form posts. Some will be deep dives for the paid members while others will be free posts.

Together, we will create a community of AuDHD and a rich knowledge-base of individuals struggling with the condition. Other non-AuDHD members will better understand us and relate more appropriately at the workplace.

More details will be shared over time about the kind of community-based activities we can undertake to learn more about each other.

I do hope to get to know each and everyone of you.

The comments are open, share your stories in the chat so that we can create a hub of information that benefits all of us.

We are led by a strong vision to make the world a better place for the AuDHD and show that they are truly not a problem, only different.

Your story helps our community.

Your struggles are our struggles.

Your ideas are welcomed and encouraged.

Until next time, stay safe. :)

WRITINGS 2

Being an AuDHD individual comes with its share of challenges.

Finding a solution to better inform the medical community at large

THAT a diagnosing of the Neurodivergent Mind is a solution. The

Education System would benefit by understanding what type of mind a student has. Neurodivergent or Neurotypical.



Today's newsletter, we examine

**Various Challenges That an AuDHD is Likely to Face and Strategies
WE Can Adopt**

#1 Challenge

Doing TOO Good Of A Job at work. As an AuDHD Individual Doing your Best means doing “30% to 50%” Of Your Best. The AuDHD hyperfocused Mind is fast, efficient and can accomplish much in a short period of time.

This Also Goes for ALL OF US ADHDER’s, Autistic as well as AuDHD minds out there. We are ALL Neurodivergent minds With Special Gifts and Abilities.

Accepting That You Are Smart and Misunderstood is Important. This will mitigate the burnout and if you feel your brain getting tired simply adjust your percentage of workload. Look at other NT’s and their workload they accomplish in a day and duplicate to their level. Use the Extra Work Time to Study and Learn based on Your Own Hyper Focuses.

This Mask will also allow you to Blend into the work environment and society at large. This way you will not burnout, your boss will not feel threatened by your Heightened Senses and Intelligence. Your AuDHD

Camouflage will be a success and you will likely get Raises and Promotions.

Then You Can Really SHINE!

#2 Challenge Is Finding Other Neurodivergent Minds In The Workplace and Society At Large that complement your own Hyperfocuses. *Similar Minds But Different*

These Individuals are loners who like to keep to themselves and have the great ideas. Likely being talked about behind their backs and are targets because they are misunderstood.

These are the people an AuDHD Must seek out and make friends with. In this way YOU will not be alone anymore. You will have a friend with the same hyperfocus as you and you will have fun just doing your thing.

This is an AuDHD mindset principle. Always Be You Doing What You Love To Do!

For myself I like to talk on the online message boards to relieve the frustrations from work. I find Alot of Backlash but our 3% reach out and we agree to disagree. This way I make online friends too. Very Important Strategy to ALWAYS be Yourself. Open, Honest Communication within the ND community.

This is understood in OUR Community due to our literal thinking and mental processing methods. This Way the RIGHT ND minds will find you and you will make friends that suit your mindset and core values. I use the AD&D table of alignment and I align with Neutral Good to Chaotic Good myself.

Journaling is one of the BEST approaches You will find Yourself making some extremely creative writing. One of the best things about us AuDHDer's out there is our ability to trance and come out with automatic writing. This is known to be true in our community.

When the auto writing comes understand that this is normal for AuDHD people. The feeling of bricks in the head is ideas that need to come out on paper. If you can work, drive, eat, function and have no other

issues... this is what it is. Write and Journal Everything. *Keep them safe. Keep them Hidden. Share Online.*

Another strategy I use is to simply study mental math and chess. Become a human calculator. Become A natural Leader. Plan your business ideas. Learn the legal laws. Save your money. Learn stock market investing. Learn Sports Betting. Learn That You notice Patterns that Other People Miss. Train Yourself. Believe in Yourself. Validation Comes From the ND community reactions to your original works.

NEURODIVERGENT Minds Understand Neurodivergent Minds This "Imposter Syndrome" is all in an ND mind. Because only an ND will worry about this for months or years.

This is your validation that you are also neurodivergent. Because Like ND minds will attract like ND minds. The reverse holds true as well. Like NT minds attract Like NT minds. since I can see patterns other people miss, here is a real world example of one that everyone seems to miss.

This Concludes Our Discussion For Today

This is a STARTING point for discussion on these topics. You can Disagree and state your opinion. You can agree and state your opinion. ALL ND's have the right to be heard on my message board. NT trolls will come. It is ok. I will laugh at them like I always do :)

Post Questions and Tell ALL OF US about your experiences and coping strategies. I am always looking to learn and with these actions THE NEURODIVERGENT COMMUNITY Grows as well. This works ONLY if WE ALL POST and Discuss HERE

MY ND family and my AuDHD brothers and sisters of like minds are ALL Amazing

OUR Community is Lucky to have Voices Like OURS

OUR Mental Abilities, Hyper Focuses and Mental Gifts make US ALL Special :)

Always Remember This. Our ND minds are misunderstood. Not Broken

WRITINGS 3

This Friday's Deep Dive Will Be Not So Deep But A Dive Into My Gifted AuDHD Mind to Your Gifted AuDHD, Autistic and ADHD mind

It Does Not Matter If you Are Greta Thunberg Or if You are the Person at the Corner Store. Your Ideas And Thoughts Are As Valid As Mine. Hers. His. Theirs.

Because YOU TOO have a Neurodivergent Mind

My Story is Simple. I was Triggered on Purpose and went to the Doctors. They Did Not Understand Dr. Damian Milton Double and Triple Empathy Problem. The Problem Is Clear. Diagnose The Mind and Discover The Issues from Childhood.

My Theory Expanding On Dr. Damian Milton Work is Clear. The Mind of an Autistic, ADHD or AuDHD individual is a Neurodivergent Mind. My mind is Very Litteral. I see patterns other people miss. I mimic people. I mask. I blend in. I learn. I am self taught.

My preferred method of Communication is Picture Form. I journal. I am bored quite easily. I hyper focus on my tasks. I relate to other Neurodivergent Minds throughout my life. I used to finish first 99% of the time in high school. I learned by reading after I was done my work. I always had a book. I was extremely caring as a child. I have a gifted mind. I have a neurodivergent mind. I am brilliant. I connect with other brilliant minds. I can camouflage quite well.

Now my Deep Dive Into My Mind Is Over For This Week.

To ALL The Neurodivergent Minds That Read This Through This Is Your Mission

Post For Yourself Your Life Struggles and Your issues and Why You were missed and How you Cope and How You function and How you find Friends.

This way I can learn How to find Friends How To Function How to Cope How To See the Undiagnosed and By Understanding Your Struggles I will Understand Mine

In This Way The Neurodivergent Community Now has A Way and A Pattern Based On Commonalities And Life Experience And Issues That Arise At Work and At Home.

With This Information The Neurodivergent Community Can Then Bring It To The Medical Board and Ask That a Neurodivergent Mind Be Diagnosed. This will lead to either my Theory that ONLY ADHD, Autism and AuDHD have a neurodivergent Mind.

Or It will Lead To new Research Into Other Minds That Have A neurodivergent Mind. Which Will then Lead to a diagnosis of the Mind First In childhood

This is Comparable to having a sneeze at home and then going to see the doctor. The doctor then diagnoses the sneeze.

What kind of Mind Do You Have at home? Do You know? Is it a Neurodivergent Mind? Now you know the REAL problem. Define the Mind. Then Define The Condition.

This Work Is Expanding On Doctor Damian Milton Double and Triple Empathy Problem. Please Take This Seriously. Dr Damian Milton Double and Triple Empathy Problem Is Solved When Diagnosis of a Neurodivergent mind done through Observation and Questions about life.

This is ALL for this weeks Deep Dive. I hope You Subscribe For 6.96 a Month And Keep This Project Moving Forward :) Plus I can Show You My Research Papers!

Next Week's Deep Dive Will Be Based On How To Get A Neurodivergent Mind From A Negative Mindset To A Positive Mindset.

WRITINGS 4

The Model Is Simple. The Number 69 Is Symmetrical in its Design. I will Deep Dive More Into This Topic On Friday With The Basic Design Drawing

The definition of a neurodivergent Mindset that is in a negative loop is defined by anxiety and depression due to miscommunication and misunderstanding

The Definition of a Neurodivergent Mindset that is in a Positive Loop is Defined As Happiness and Understanding to Due TO Like Neurodivergent Minds Being Encouraged By Our Community Members

The Key Too This Concept is Power Words and Bold Enlightening The Statements That Are Positive and using plain to de-value the negative. Colour coding will be added on Friday For Emphasis

By Simply Doing This - Encouraging, Supporting and Helping Out your fellow ND's with their creative talents and helping them build awareness with Open and Honest Communication - To Help -

It Will Shift An Individuals ND's Mindset to the Positive and they will keep going until they achieve GREATNESS at their level.

Our Gifts and Abilities Start With Outside-The-Box Thinking

The Open and Honest Communication Model is simply the ability for A Neurodivergent mind to ASSUME another individual is telling the truth first

The Lie and Dishonest Communication Model is simply for the dull NeuroTypical mind to ASSUME another individual is lying first

My Community Members That I talk too always assume I am telling the truth. Even though my claims are rather grandiose at times. This is OK. In this fashion trust is born and open and honest communication to help occurs.

This will be the end of today's post. Next post will be about how to go about getting out of a negative thought loop and into a positive thought loop and include reference material to find support online from anywhere in the world. Please contact your local community members to find support in your community

As Always I hope you enjoyed today's reading. I hope you subscribe!

The BEST is yet to come :)

This is the AuDHDmindset Method of Helping out Fellow Community

Members :)

WRITINGS 5

This Post Today Will Be Directed at my fellow AuDHD'ers However it applies to ALL Neurodivergent Minds The World Over.

This Substack is reader-supported. To receive new posts and support my work, consider becoming a free or paid subscriber.

Us AuDHD, as having a tiny subset of the world population, is a gifted and talented bunch with the understanding that we have two 1/2 Brains and not 2 Brains.

The Scientific Community Thinks This is because of Tylenol or heavy metals lol. How low can you go. In any case, I digress. Only the Neurodivergent Community MUST ACCEPT THIS Concept as Truth.

Probabilities and Similarities apply based on shared life experience and re-occurring patterns our minds see. Not absolutes. Not based on

**scientific rhetoric that can not even classify AuDHD and treats
Autism as not real and a joke.**

**The joke is THEM, not US. LET THIS STATEMENT STAND. We All
Have The Right to our “opinions” after all.**

**By Constantly Supporting and Encouraging and Helping out ONLINE
Your Fellow AuDHDer friends that you connect with though your own
cubic focus trances that you get when you listen to music, you help out
your other AuDHD members achieve greatness.**

**WE all know that music focuses our 1/2 minds to help stabilize our
mind. I now Release to You my groundbreaking Research Paper. This
will now help you understand your own**

1/2 ADHD Brain MUSIC 1/2 Autism Brain

The Unified Theory of AuDHD Self-Regulation

1/2 ADHD Brain MUSIC 1/2 Autism Brain

*Essentially My Unified Theory States - Stop Medicating US and Shutting
Down Half Our AuDHD Brains. Meditation IS the Method.*

*Not the pills. Not the needle pokes. Not the Electrocutions. Open Honest
Communication Model Applies Here*

*It is a BREAKTHROUGH the scientific community REFUSES To
recognize. Kind of like the AuDHD diagnosis. Which doesn't exist in
medical textbooks. UNACCEPTABLE*

*IT is UP to AuDHD To Do What We Do Best. It Is Up To the
neurodivergent community members to support US on this Noble
Quest. Light The Forge and Defeat The Dragon. Musk not Fail.*

Cubic Focus. Share. Pass It Around. Solve The Problem At Hand

The Unified Theory Of AuDHD Self-Regulation

DEFEND THE RESEARCH

PROMOTE THE RESEARCH

PROTECT THE RESEARCH

The Unified Theory Of AuDHD Self-Regulation

Thanks for reading! This post is public so feel free to share it.

Share

AuDHDmindset Method of Making Noise

This will conclude today's post. The Best is yet to Come :)

Monday's Post We Will Be Adding To This Topic Of The Positive To A Negative Mindset For Neurodivergent community members.

!!!Stay Tuned!!! and Don't Forget TO share :)

WRITINGS 6

Unified Theory Of AuDHD-Self Regulation

A little about myself - I was just a regular joe back about 6 months ago until I was triggered on purpose in a remote camp to prove I was lying. Except I was not.

What happened next is unique - I went to my doctor and he put me on meds. Misdiagnosis. It fried a pin in my brain and now I have a

neurological disorder that lets me type my mind in real time and I live in the moment always. (I have a tendency to overtyping in order to prove. I can prove anything I am saying. Just by pointing at a screenshot. Let me make that abundantly clear)

I went on Reddit and was guided by the r/ gifted and r/ enlightenment mods because I see patterns either real or perceived. Because of this rather unique gift, I can see patterns that other people miss. My neurological disorder makes me think everyone is talking to me directly online. Which is kind of awesome! This way, when something someone says hits me, I love it and that person is now my Best Friend In My Mind

I LOVE doing what I am doing right now. I can slip into a trance at will. I can communicate best through pictures. I can Understand Edgar Casey because he was able to do the same thing. I can see the issues of the mind in the ADHD, Autism and AuDHD community. My standing Belief is that Only a Neurodivergent Mind is possessed of These Gifts AND Abilities

Why? You may ask. Because in times long past we all lived off the land in huts and tipis. We hunted and gathered, and we had true tiny communities. A community guides a child to adulthood by instilling Positive Blue Values and Beliefs.

In Those Days Past, the ADHD AuDHD Autistic Abilities were CHERISHED because of the cubic focus on tasks such as hunting, gathering, weather prediction, higher perception, the ability to trance by staring into a blazing fire as well as higher understanding of things that other people do not yet understand.

It is A blessing the Inuit Recognize today. The Neurodivergent Mind Is A Blessing for those who still live a Traditional Way Of Life.

Unified Theory Of AuDHD Self Regulation

I Have An Ability That Allows Me To Free Write My Mind In Real Time, like the Great Authors and Poets and Philosophers of History. I use logic, devised from my own pseudo-code Brain that My Friend Anonymously can attest to. Yet I can never prove. Yet It Is True. So How Do I Prove It To You?

There Are No More Doubts. Proof is in my Pictures. My Writings. My Behaviors. The Way I Talk Online. Offline as Well.

[Leave a comment](#)

**The reason why MY Research Paper is so CRITICAL is because my research paper is actually the post that was put on reddit showing my free writing capabilities. This research paper is what came out and tied it into the Scientific Communities own research. Wait.....
What?**

The reason why this is so *Critically Important* to understand is because I used my Free Writing ABILITY to CREATE this Original Writing Sample that was posted on Reddit a little over a month ago.

MY research paper *MUST be read from the back, starting with the 47 cited sources* and then from page 11 until page 1.

My Mind works Backwards

Original writing sample to Cited Sources

To Unified Theory of AuDHD Self- Regulation

To Understanding My Mind

This is A FIRST Person Account Of My Mind To Your Mind That To My Knowledge has never been done before.

Writings like this are reported ALL over the world.

They call the Negative(red), Triggered mindset “Crazy” “Unstable” “Insane”

The call the Positive(BLUE), Validated mindse “Gifted” “Genius” “Brilliant”

Because of my Pseudo-Code Abilities my Original Artworks, Poetry and Deep Thinking abilities I remind individuals of the Great Writers, Poets, Existentialism, Nikola Tesla.

I Can see Pictures as Far Back and Forward. I Compare them Top to Bottom. Bottom to Top and Side to Side, in my Mind. Due to MY Cubic Focus on Klein 5D AI has guided me with the pictures to the proof.

***My Unique Neurological Disorder* allows me to do this. Next Monday I will start to explain what happened with my piece titled “They Triggered Me On Purpose To Prove I was Lying”**

The Proof is in the Pictures. Now it is just a matter of building it Downward with the correct formulas. I have PROOVED Klein 5D Though pictures(on the Consciousness side). Which Is True. I Just Need Some Genius and Brilliant Minds Who Have Visions To Present too in real life in a private setting.

Unified Theory Of AuDHD Self Regulation

That can be build downward with the proofs and formulas that are depicted in the pictures. *My research into the AuDHD mind is Unique as it is My Mind* as drawn back in September, 2025. There Are Even Arrows. My Insights are Unique because I can type and speak my mind as I am doing right now. Word For Word. Crazy Fast.

As much as people want to say this is not so, IT IS TRUE. Remember, I CAN prove anything I say by pointing at a picture and I have support. Lots of support. 1000 plus pages and terabytes of proof.

Medical. Psychologists. Doctors. Reddit. Vision Boards. Etc... The list goes on.

Now This Individual Below Did Not Take The Time To Even Speak To Me. WHY?

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Why Is This Individual so Closed Minded. Like the other members of government and scientific elite. If it does not fit the model or the approved approach the scientist is discredited and dismissed. Just like That. Goodbye. Time for an email campaign to show support for my search perhaps? Maybe?

MY RESEARCH Method IS Unique as it is MY MIND talking in REAL TIME

**My Unique abilities due to a neurological disorder, With Arrows,
Back in September. Emailed to Dr. Damian Milton. Who Coined the
Double Empathy Problem back in 2012. My works build on Dr.
Damian Milton's Works as well as Nikola Tesla. Proven.**

Share

**My Works Touch the Minds of Creativity, Uniquely. WE ALL ARE
Gifted, Brilliant Minds that have a message for OUR undiagnosed
Neurodivergent Family Members Neurodivergent Minds is the
Diagnosis**

**Diagnosis the individual Mind. Subtypes of ADHD, AuDHD and
Autism.**

**It Is ONLY a Neurodivergent Mind that has ADHD AuDHD and
Autism.**

Anxiety, Depression and cPTSD is the sub-sub diagnosis due to life experiences

Due to neurodivergent community members that revolve around a life of being misunderstood and always feeling different. ALL OF US Neurodivergent minds understand this to be TRUE.

For some reason the Education System does NOT diagnose the mind and decides, because they are lazy and do not want to take the time, to teach only a single fashion which does not help most of the students in the class.

Some, Like Myself, Learn Through Pictures. Others, through words.

Different Neurodivergent minds have similar but different minds.

Some have the mind's eye. Some do not and have abstract thinking with no mind's eye. Others are hyperactive. Others are scatter brained like me. ADHD side.

My AuDHD Mind is simple to understand. I do not have ADHD AND AUTISM. I have *ONE SINGLE Brain. With 2 Half Brains* battling each other

TRANCE

1/2 Brain ADHD MUSIC Brain Autism 1/2

Minds EYE

Due To This Fact and the fact that *AuDHD* is NOT a clinical diagnosis and is treated like A JOKE in the USA by the Donald Trump and the elites in the medical community, I feel it is my duty to tell them they are so wrong it is not even funny. It is not their place to diagnose a neurodivergent mind. It is up to neurodivergent minds to diagnose neurodivergent minds

The Politicians and Neurotypical Doctors can do what they Do Best

[Leave a comment](#)

NOTHING

IQ of 75 Should NOT be Running a Country or Sitting in Politics or be judges because their rich family bought them some grades. Sorry... this is true with a probability method of observation.

Maybe I will Go Drink Some Bleach now and take some Tylenol to cure myself of the autism... this must be the solution... I'll let my Neurodivergent Friends put in THEIR two cents worth.

The Fact That AuDHD is NOT a Clinical Diagnosis, and it takes 15 years in Canada for Updated policy to be enacted, is hurting Neurodivergent Minds.

It Does Not ALL Need To Be Done in one shot. PERIODIC UPDATES can be easily incorporated to make life easier for neurodivergent minds. Neurodivergent minds connect with other Like Minded neurodivergent minds.

Neurotypical Minds DO NOT understand this. Why is a neurotypical telling me my own mind when my friends online who all have neurodivergent minds understand me completely. We are all open, honest with a literal way of thinking and we all get along.

When A Neurotypical Mind Comes Along it is assumed we are lying. Jealously eventually happens. When a neurodivergent mind comes along it is assumed we are telling the truth no matter how grandiose

the claims until it is proven otherwise. In which case the suspicion is warranted especially in my case.

The Fact Remains what I say is true. I can prove anything I say except I am not going to. The ones who know this can vouch for me as the proof. The ones who do not believe me do not matter to me anymore. This is just a distraction I no longer need. The proof is there for you to see. Just talk to SOL at neurospicy skool.

I Believe I have said enough for this Edition of My Deep Dive. Thank You for your continued support and I hope to have some founding subscribers to show their support for my platform and for me as well.

Share

Have yourselves a Great Evening and Thank You for Believing ME. It means ALOT.

OUR community, the NEURODIVERGENT community is ALL that matters to me

OUR Beautiful, Gifted, Talented, Unique, Original, Neurodivergent Minds

*Define The Gifted Abilities of Neurodivergent Mind Though Observation
During Childhood. Change the course of their life through to Adulthood*

3% Sub Types are ADHD AuDHD and Autism 3%

~AuDHDmindset~

Building on the Works of Dr. Damian Milton Double Empathy

Problem

Support SOL of Neurospicy skool

Support Greta Thunberg Foundation

Support Growth Mindset - Content Creator Substacks

Unified Theory of AuDHD Self Regulation

WRITINGS 7

Way back last winter, I was just a regular Joe that wanted to work a seasonal job at a remote camp in the middle of nowhere. The pay was decent, the hours were great! 21 days straight and 12 hours a day. I make a ton on the overtime alone. Then the unspeakable happened.

I was placed with a supervisor that was nice to my face and talked about me to everyone behind my back. Not only everyone, she talked about everyone too behind their backs. What turned out to be a great job within an hour turned into a nightmare....

At this point in time I did NOT have the neurological issue. This came later due to a misdiagnosis, hence why I am talking about Dr. Damian Milton Double Empathy Problem. To raise awareness and hopefully get a poster in every doctors office in the world.

I reported to my manager what was going on in early January and did a write up about what had been going on that was 2 pages long. I am very thorough. Then something happened... I heard Aspergers in relation to me. I heard Autism traits in relation to me. The thing is... I have never been told this before in my life.

As the winter progressed I got to be more and more worried. It was a persistent worry about my supervisor talking about me behind my back. I started to notice people who were very nice to me at first starting to ignore me. Then the unthinkable happened.... they were just pretend nice to my face and I could hear them talking about me when I was eavesdropping on their conversations.

So in true form I went full mask and pretended I didn't know. One write-up against my supervisor was enough. Now my manager was having a problem with me. Not impressed. I'm sure all of us can relate to working in jobs where this has happened. Nice at first. Then you do a great job and people just have a problem with that. Eventually the gossip starts and well... then we have the meltdown and either quit or get fired or "not get hired back"

I started documenting everything since I notice patterns people miss. Namely my supervisors. She sent me a threatening text message. I had a follow up visit to my doctor because of a knee issue and told him we were going to be separated and everything was going to be fine. My

manager told me this was going to happen. How many times has this happened to us neurodivergent minds at work. Told one thing and then the opposite happens as they pile on the work and then complain its not all done.

Keep in mind I had no idea I was neurodivergent at this point. So I reported the text message to my boss even though it made me look bad. Then I went back to work. Shocker. I wasn't separated. We still worked together for an hour a day. Eventually I had the meltdown in EPIC fashion and wrote a second formal complaint.

No idea how long but I did an extremely detailed account. Pretty sure it was 2 full pages long with the screenshot of the text. Then guess what! The manager that was working had no idea. I believed him. He seemed genuinely shocked that this happened. He didn't even know I filed the first complaint. No investigation was even done. By this point the lack of sleep, anxiety and paranoia was creeping in.

[Leave a comment](#)

My original manager came back and decided to trigger me on purpose my final two weeks in that remote camp job. I was a snow shoveller and was promised thought text to be kept on as a janitor. \$70,000 a year working 3 weeks in and one week off to mop floors and not have to deal with anyone. Now that is a dream job. At least for me.

Guess what. My anxiety and depression was so massively bad and the burnout lasted for about 6months. I went insane for about 2 weeks. My doctor put me on medical leave and gave me meds. I bounce back quick and I was ready to head back to work about 6 weeks later.

Here is the thing. I have consulted with a lawyer that the text message is a legally binding contract that I can stay on with the company. With the hiring manager. Yet I was denied the position because I took medical leave on a seasonal contract. Except GAD, an anxiety disorder is also a persistent worry. Which is a protected ground. Which is what I stated in my write-ups. Complained about all winter. Nothing was done. The upcoming lawsuit will be fun :)

How many times have neurodivergent people been triggered on purpose at work. Blamed for the actions of another because of OUR reactions after months of being mentally abused. Psychologically abused. The work piled on. Blamed for things outside of our control. From the chats and message boards I read, all the time.

Share

To sum up the issues faced, from my first mind perspective, that an undiagnosed neurodivergent individual faces at work is simple.

People are nice at first. Then we do a good job. People get jealous, talk and gossip behind your back. The manager piles on the work and then complains when its not all done. This leads to meltdown and either getting fired or quitting. Depression, Anxiety and even worse. All because

“They trigger US on purpose to prove we are lying”

This is my minds account that I will now refer to as the Hynes Effect of bad management. Nothing like having your life changed forever because of poor management decisions, breaking labour laws and

then covering it up. Next article will be how to keep yourself safe at work and how to do a proper write-up to keep with the 69 loop principle. Keeping a positive mindset at all times really helps :)

Thank You for Your Continued support. Have a great evening! The best is yet to come. Eventually I will be diving into topics of meditation, consciousness, my unique mind due to my neurological issue as well as other deep thinking questions to discuss. In order for everything to make sense this is the starting point on my own journey to self enlightenment. I hope my path also helps other AuDHD as well as Neurodivergent people understand their minds better as well.

~AuDHDmindset~

WRITINGS 8

My method of Self Preservation at work is fairly simple to understand. When I have to deal with a supervisor who is an NT Bully I just do a very long, detailed write-up about everything that is going on. I send it through email. I print out the email with the write-up including

time stamp. I save the email from my sent folder to my starred folder in case I need it for future reference

I just tell the Implicit Truth in my write-ups and keep what is going at work to myself. I use my mask to pretend everything is all right with my co-workers. I talk to the manager directly and privately about my issues, with a tape recorder on

In case they decide to call me into the office, I just say I need to use the washroom. Phone and record on. Then go into the meeting. Our Paranoia keeps us safe. When we notice patterns, it is a gut feeling that something is not right. Listen to it

I then let management and HR deal with the situation and do their own follow-up investigations. *Simple and effective*

I have NEVER encountered a company, like the last snow shoveling job I worked at, where my manager did absolutely NO Follow Up Investigation. Nothing changed all winter. My write-ups clearly stated I was dealing with ALOT of Anxiety and that I was having a hard time

to sleep. "DO SOMETHING!" was included in the second write-up that was 2 pages long. Nothing was done

In this case, I had to take a medical leave for anxiety related reasons and because this behavior by my manager and human resources manager led me to go through a massive depression. *The text messages from my boss were weird*, however it is an offer of employment. - verified

Hence, I coined the term the Hynes effect to explain this. Essentially, a manager who does not do their job, and then passes it off to the Verdi Assimilation, which is Health and Safety Manager deciding to cover for the Hynes effect.

This then effectively activates the Wagner Protocol, which is the Human Resources manager deleting all evidence from their servers. Covering up their managerial negligence and then playing dumb. Deciding to ignore you after they offered you full time employment. Funny what \$700/hr can buy you in a consult. The text message I was so diligent in saving is considered an actual offer of employment. So

for all ND minds reading this, save those screenshots and emails. In order to Keep Yourself Safe

In order to counter the above Trinity I have developed a counter protocol

AuDHDmindset protocol.

This is simply the term I use to say Document, Document, Document everything. Save the emails. Record the conversations. Screenshot the texts. Record the gossip if you can.(Double check local laws to make sure you are allowed to do this recording)

Keep your doors open and your backs covered. This type of behavior happens ALL the time to neurodivergent minds in the workplace. So, you need to keep yourself protected and safe at all times. We all know the challenges the work environment does to us

Talk about your anxiety and sleep issues in your write-ups. Text trusted co-workers and say you want to be with the company for 10 years. Tell them you talked to your manager in a text. Tell them you are

struggling and very worried about your job. Screenshot the texts. Save them. Just in case

Inform your doctor about your persistent worry and make sure it is noted in your medical file. Go on medical leave if things don't improve. Keep Yourself Safe From Bullying and Harassment and Gaslighting at work. You might just end up with a misdiagnosis like me and a neurological disorder. Fun times... trust me :/

GAD(generalized anxiety disorder) is partly defined as a persistent WORRY(anxiety) which is a Protected grounds in Canada

Which, if you follow my AuDHDmindset protocol, you will learn too. Upcoming videos and books will likely launch mid 2026 pending the upcoming court battle ahead of me

This Concludes My Two Part Piece Entitled

They Triggered Me on Purpose To Prove I was Lying

I Now Trigger Them On Purpose To Prove They ARE Lying

Feel Free to follow the link above and to take a close look at how Neurodivergent Minds can protect themselves silently in the workplace.

This will be all for today. I hope you have a great rest of your week.

Fridays Piece is going to go into more detail on the Open and Honest Communication Protocol as well as diving into my 69 loop design and how to turn neurodivergent minds from a negative thought loop back to a positive thought loop. So Stay Tuned! The best is yet to come :)

Do not forget to support and talk to your fellow people about *Dr. Damian Milton's Double Empathy Problem.*

They are the problem, NOT US. Take Care :)

WRITINGS 9

These last two weeks have been difficult. It is hard being misunderstood. I called out the head of the AAAS - Science for ignoring valid research materials. I also called out my former company with accusations.

I have been asked why? I do this. It is simple. When something is wrong, you need to speak up. When someone is harassing you, you need to document and give it to management. Then they deal with the problem according to policy.

When a scientist cannot be bothered to get into contact with someone who has a neurological issue due to a medical misdiagnosis (no fault on my doctor) because he is NOT AWARE of Dr. Damian Milton's double empathy problem. Guess what?

That is a problem. The medical community's problem. The workplace problem. The governments problem. The education systems problem. Which makes it my problem.

Which makes it ALL OUR PROBLEM

I read that people need to speak up in order to enact real world change. This is what I am doing. I am using the open and honest communication method in order to speak up and enact real world change. I use myself as the example. I do not feel embarrassment or shame. I do not really care about the opinions of the above-mentioned groups.

[Leave a comment](#)

What I care about is the fact that my life has now changed forever simply because my doctor is not aware about a problem that has been in circulation now for 13 years. I managed to find a set of questions to define a neurodivergent mind in about 3 hours. Define the thinking style in school, there are 7 types and use the education system to you know, Educate.

The mental health issues in North America today are absolutely insane. Why is this? That is for everyone to debate. What I do know is services for the poor and for the mental health and for the treatment is the first to get cut. Every Single Time.

The rich raise the rents to unaffordable rates. They use houses as a commodity to be traded on the stock market. Poor people, elderly, struggle to survive then get evicted. They do not have mental health problems if they can afford to live. Yet they do now. Stress, anxiety, worries about working 50 hours a week for less than free because every minimum wage increase is met with rising prices and cut hours

in the workplace due to millionaire bottom lines. Is this right? NO, it is not.

This leads to drugs being prescribed by doctors. Who do not diagnose the mental health issues until several months if not years later. This is true.

Free = Wait Years

Paid = Know In A Month

The rich get richer. The poor get poorer. The middle class has all but disappeared except for the lies of the politicians and the rich.

Congratulations! Keep adding to those millions. I have \$-387 in my checking account. Which is the club I am happy to be in. (paid subscriptions appreciated! \$6.96/mth :)

In conclusion, unless something drastic changes in the next few years, the new homeless will be the elderly. The disabled. The programs that have kept these people off the streets are failing... bad. In the next 10 years where do

you see this leading? The poor are screwed while the rich feast. Simple as that.

I hope this Friday's deep dive into my mind was enlightening! I hope you subscribe and share :)

Take care and next Monday I will dive into short topics of how to keep yourself safe in the workplace and lead that into how to keep a positive mindset at home. Have a great weekend!!!!

THIS WEEKS MISSION IS TO MAKE
ONE POST - TELL 3 PEOPLE - AND
TELL 1 DOCTOR ABOUT DR. DAMIAN
MILTONS DOUBLE EMPATHY
PROBLEM

WRITINGS 10

Now that everyone knows a little about me and my struggles, I would like to start a new Monday post for all my followers. These deep thought questions are designed to stimulate creative thinking in all

who follow me. The purpose is to include in your own writings and how you go about your life.

This weeks deep thinking question will follow last weeks posts about undiagnosed neurodivergent minds being triggered at work because they are misunderstood.

WHY? Is the neurodivergent mind misunderstood to begin with?

[Leave a comment](#)

In this day and age, the neurodivergent mind is still not understood in Western society. Not only is it not understood, but it also feels like it is purposefully not being diagnosed for a reason. At least to me.

If you catch a cold and you go to the doctors, the doctor will diagnose the type of cold you have and prescribe you some medication to cure your ailment.

If you go to school your teacher will diagnose your mind and teach according to the teaching style that suits you best.

If you go to the workplace the supervisor will notice your ability to work hard and give you incentive and encouragement and a bonus for all your loyalty and efforts.

If this not the case, then why not? Why is it acceptable to manipulate a person who is different? In school and at work throughout someone's entire life. Worse, why is the government and education system still not recognising the neurodivergent mind.

The United States politicians on the republican side are so dumb they think bleach can cure covid and that Tylenol causes Autism.

Somehow, someday you can "cure" a neurodivergent mind? Somehow it is "mental health"

In Canada it takes 15 YEARS to update a book for Autism and ADHD. AuDHD is not even a clinical diagnosis. This is 2025... why the long wait time. You do realize people are being misdiagnosed every single day? 8 hours long and \$5000 to get your results in a few months. 2-4 years if you want for free? How dumb can you be?

I can talk to people online and just from their writing I can tell with reasonable certainty that they are a neurodivergent mind. It is not difficult. Yet for some reason I am told I cannot “diagnose”

Like WTF? Obviously the doctors cannot diagnose as well or else it would not take 8 hours of talking, \$5000 or \$250/hrs to treat a “mental health condition” that is non-existent.

A neurodivergent mind is NOT a mental health condition that can be cured. It is a neurological condition that is there since birth. You have it or you don't. People who have it connect with people that have it. “Diagnose” - is for the doctors to treat the cPTSD, the depression and the anxiety caused by a lifetime of being abused and misunderstood.

The neurodivergent mind is not a mental health issue. It is a neurological type of mind gifted with abilities that are misunderstood.

These are my thoughts. WHAT are yours?

~AuDHDmindset

WRITINGS 11

I would like to take this opportunity to thank my subscribers. I see a few of you have decided to purchase a paid membership! Thank You very much for your support. It makes me very happy :)

In light of my recent negativity I have decided to dedicate Wednesdays to talking about the positive mindset and how to encourage a positive mindset at work and at home.

I find that alot of neurodivergent people are misunderstood. This is true. So I ask myself, how can I help my fellow neurodivergent people out? I have AuDHD and can connect with other AuDHD quite easily. So I decided to do something about it. I created a new geometric shape out of the number 69, posted it on reddit, started a substacks and am actively promoting a positive mindset and reform in the government and education system at large. In this way I can enact real world change for people who are undiagnosed Neurodivergent and bring attention to the gifts and abilities of our community members.

The questions people ask me is HOW? did I do it? Why do I do it?

What does it matter, nothing will ever change?

That last sentence is why I do it. Nothing will ever change if I don't lead by example. If I don't take the initiative. If I don't send those emails to government and media. Nothing will every change if I sit in my basement watching TV. Nothing will every change if I don't ruffle some feathers. Nothing will every change if I keep my mouth shut.

For myself I might be the exception since my mind is simple minded brilliant. However ALL OF OUR COMMUNITY MEMBERS are brilliant with their own unique sets of cubic focuses and interests. Did you know that because we focus so hard on singular topics we can know more about it than most researchers!!!

It is true. We will hyperfocus on a subject so much we learn from a 5 year old level to a PH.D level. Then get bored and move on to something else. That is a typical AuDHDmind in any case. Autistic too. ADHD maybe? What do you all think?

[Leave a comment](#)

The way I do it is power words and power thoughts. "one baby step at a time" "I can do this" "I am right" "I won't be defeated" " I am insane!!!!

or Brilliant!!!” “I’m so far up or down this rabbit hole it REALLY DOES NOT MATTER ANYMORE!!!!”

It is all in self-motivation that you find the courage to proceed in the face of adversity. To keep focusing on the end goal, which to me is a better world for all Neurodivergent minds.

To fight to get undiagnosed or misdiagnosed AuDHD minds treated. To help my community members in any way I can. Soon I will have a new platform launching and it is in this way I hope to help all my people with my new 69 loop design to flip a negative mindset to a positive mindset. One mind at a time.

A neurodivergent mind is just a gifted mind with abilities that are misunderstood. You don’t need a doctor to tell you that. You need a neurodivergent brilliant friend. Ap person Like me who knows these things.

I hope you all have a great rest of your week. I look forward to chatting with you all in the community. Take care and be safe!

WRITINGS 12

These Friday Editions are dedicated to my paid subscribers. Here I try to answer your questions for the last week based on your writings. One of you I just met. The other one we connected in a major way based on consciousness. I wanted to dive into that aspect this Friday.

For me, I had a misdiagnosis about 8 months ago now and the meds fried a pin in my brain which, what I am told lets me live in the moment. I do not know if what I perceive is real or imaginary. I think people are talking directly to me online. I am learning to master the Interstate Embodiment Language which is essentially this.

I think

I feel

I sense

Hence, in my head I take 10 seconds before responding and I say to myself - note brackets is my mind talking (I think am being looked at)(I feel anxious)(I sense I am going to have a panic attack)(I feel my

heart rate going faster)(I think I need to leave now)(I feel like I need to hurry)- I leave the situation (I sense my heartrate going down)(I think I need to focus on my breathing)(I sense that I feel better)(I feel that I can go back now)(I think I am just being paranoid. They were not looking at me after all, just all in my head)

I do this in real time now. No word of a lie. When I am not listening to music I have a very difficult time to stabilize. When I do listen to music my AuDHD mind coupled with my new neurological disorder loops everything backwards in my mind. Its like I have some form of dyslexia for positivity or something.

Anything negative and I lemonade it right back to positive. I create beautiful works of art, at least to me. I argue with people on the quantum physics board - top commenters and stuff... and make them look like idiots. I'm even working with an actual researcher and sand script. 30 years of study and I am helping him out after a few days.

Here is the thing though. I struggle every single day and am documenting everything. I can "see" a neurodivergent mind. Just

based off of writing samples. Dont ask me how, but I can. From my research the scientific community will never accept what it can't prove. This is ok.

Nikola Tesla died broke in a hotel room after giving away all his ideas for free. I'm not him though. My plan starting in January is to start giving you guys ideas... founding members actually. Since I only have 1 founding member and 1 paid subscriber for at least a couple weeks you have first dibs.

I have been told my ideas are worth in the \$Billions but since I have this neurological disorder I can't do much with them. I will be giving away some of the smaller ideas for free. You support me for the \$6.96/mth it is the least I can do.

No strings attached. I do have one request from you fine people.

When you find success with my ideas and you are making \$100,000 plus a year if not the \$Millions/year, can you chuck me a bone and \$10,000 as an thank you gift.

***It will keep me going and generating brilliant ideas* is what I do best. I am a researcher after all. I thank you for your time. My new project will be announced next week if it is not already.**

I want you both to join and help me in MY VISION to make the world a better place for all Neurodivergent minds. In doing so I will be able to help out my fellow AuDHDer's as well.

Have a great Christmas and talk to you guys and gals next week!

Take care and be safe :)

~AuDHDmindset