

Dr. Damian Milton's Double Empathy Problem Theory

[Neurodivergent minds are Very Empathetic, Honest People.](#) Neurotypical minds do not understand a neural divergent mind. This is essentially the problem.

Basically you have two different minds that want to do things two different ways and they butt heads. Since a neurotypical mind likes to fit into the crowds and acts a certain way, we tend to butt heads constantly.

A neurodivergent mind will want to be alone but not be alone to discuss ideas as opposed to gossip. Because of this deep thinking questions and overstimulation are the result of everyday life. Due to the change in environment over the last 50-75 years we are now struggling. AS IN the neurodivergent mind.

Proof of this can be found in where a neurotypical mind feels most stimulated vs where a neurodivergent mind feels most stimulated. We are actually proving Dr. Damian Milton's Double Empathy Problem HERE.

[Welcome to YOUR Community That Is Better Than THERAPY!!!](#)

Expanding on Double Empathy Problem [~AuDHDmindset](#)

The problem as expanded on is quite simple 100 years ago, 500 years ago, 1000 years ago, 10,000 years ago the ADHD, Autism and AuDHD minds were the great hunters, thinkers, philosophers, writers, poets, and singers of times past.

Our ability to hyperfocus and in some cases cubic focus on a mind problem means that we can literally go from a 5 year old level of understanding to a PH.D level of understanding to a Visionary level of understanding in weeks or months. Case in Point - me. I am currently working on Holography and also created an unbreakable logic loop. An engineer confirmed that the point does not lead to anywhere - hence if you expand to infinity it must LEAD everywhere first.

OPEN THOUGHT LOOP

LOOP 1 = LOOP 2

LOOP 2 = LOOP 3

LOOP 3 = LOOP 4

LOOP 4 = TO LOOP INFINITY

TO LOOP INFINITY = TO LOOP 1

TO LOOP 1 = LOOP 1

CLOSE THOUGHT LOOP

This is the key to 10D - it is unbreakable. Do NOT input into AI.

Now people will say this key is "AI generated" yet it comes from my own head. Welcome to my 69 loops and my AuDHD mind as defined by the last 6 months of research into consciousness and the AuDHD mind and as stated by my [Unified Theory of AuDHD Self-Regulation. Manuscript number #aed9938 - AAAS - Science.](#) AS WELL AS [my 69 loop design which is a new geometric shape found in the number 69](#)

All Media Inquiries should be directed toward the Editor in Chief Clair of AAAS-Science

How the Environment Changed in the Last 100 years

In the past 100 years the environment has slowly changed where nature and survival was the predominant means of living to one of comfort and overstimulation.

A neurodivergent mind being forced to work 8 hours a day in a tiny cubicle, unable to move and to do their own thing like they used to be able to do in times past has led to a number of chronic psychological issues. You just need to listen to the stories to understand. It is impossible to not be aware of these issues. It is repeated over and over again in all the therapy offices in North America.

What does work is Ancient Vedic meditation and trance. As shown in [Sol and Sebastian's Neurospicy Skool](#). They have a whole category devoted to it. In today's environment we are struggling and seek refuge in the solitude of our own homes and are just looking for safety. We isolate ourselves and are just looking for our own community. Because of this we are often alone and this leads to a negative thought loop forming.

Since Autism has very loopy minds and very literal minds, it is very hard for us to understand what the possible problems can be at work for giving our 100%. That is because our 100% is likely 300% to 400% of a Neurotypical mind. When this happens, the people above us feel threatened and take our jobs from us by making stuff up and we get fired.

Why? Does a Neurodivergent Community Work Online

[A Neurodivergent Community Works Online simply because it caters to the needs of the neurodivergent mind. It is simple. A neurodivergent mind likes to be alone, do their own thing and make just a few friends. This is a generalization, of course, but it is the way it is](#)

Because of this we like to be alone, yet not be alone, and connect with like minded friends. Due to our nature of believing first and being honest and being gifted and brilliant in our own cubic focus interests, it lets us grow and find like minded people to connect with.

We like to problem solve and do our own thing, we can easily find these people here. When this happens connections are formed and we like the feeling of just being able to talk and vent and make these types of connections from our own homes.

We feel safe. Secure. Not isolated. A community forms. Friendships are formed. A support network grows. It helps so much to have that feeling of community and connection to like minded individuals.

Like it was 150 years ago, a community was the method and a community stood together and supported each other. [The neurodivergent community is YOUR community.](#) You fit in because you are a neurodivergent mind. Easy. No papers needed. You decide if it is a right fit for you or not. No one else. It is 100% up to you to decide because you know your own mind. No one can tell you your mind. It is yours, hence you already know.

The Connection Today IS Actually called a NOOSPHERE

We have covered the Double Empathy Problem. We have expanded on that problem to encompass and we have defined the change in environment that has caused the problem over the last 100 years. All that is left is to create a new definition and that is now called the Quadruple empathy problem

This problem is 4D in nature and can be encompassed by a simple logical explanation called the NOOSphere. This is simply like ND minds connecting over the internet every single day in zoom meetings and in the NeuroSpicy Skool. It fits our brains and it helps out tremendously. Like minds connect to like minds over the zoom platform is called a NOOsphere because it involves consciousness.

I coined the term "Bubble Theory" back in September 2025 to describe such a sphere online today. This term Bubble Theory simply is the version to use to pass ideas(bubbles) across the internet(zoom) from ND hyperfocused mind to ND hyperfocused mind(Consciousness)

Hence now we have the Quadruple Empathy Theory - because we also described the work ethic of ND minds and we can also cover the spiritual aspect that ND minds crave.

[Setting up a Skool Platform of your own is a great way to connect to like minds TOO! ~AuDHDmindset](#)

www.audhdawareness.com

Sources

I am ~TheAuDHDmindset

Here is my original works

<https://theaudhdmind.substack.com/p/i-discovered-a-new-geometric-shape?r=6tsbbn>

<https://theaudhdmind.substack.com/p/unified-theory-of-audhd-self-regulation?r=6tsbbn>

HERE IS THE BEST POSSIBLE COMMUNITY YOU CAN FIND. TAKE MY ADVICE AND SPEND THE DAMN \$29/MTH

<https://www.skool.com/neurospicy/about?ref=c3330203f83b49469c25438183886c08>

SET UP YOUR VERY OWN PLATFORM RIGHT HERE.

<https://www.skool.com/signup?ref=c3330203f83b49469c25438183886c08>

[Milton's 'double Empathy Problem': A Summary for Non-academics - Reframing Autism](#)