

Here is the comprehensive content and structure for **The Ecological Mind** website. It is formatted to be handed directly to a web designer or developer.

It includes the **Home Page**, the "**History & Science**" Page, the **Services Page**, and the **Interactive NEA-Q Logic** for the assessment tool.

---

# WEBSITE: THE ECOLOGICAL MIND

**Tagline:** You are not broken. Your environment is.

---

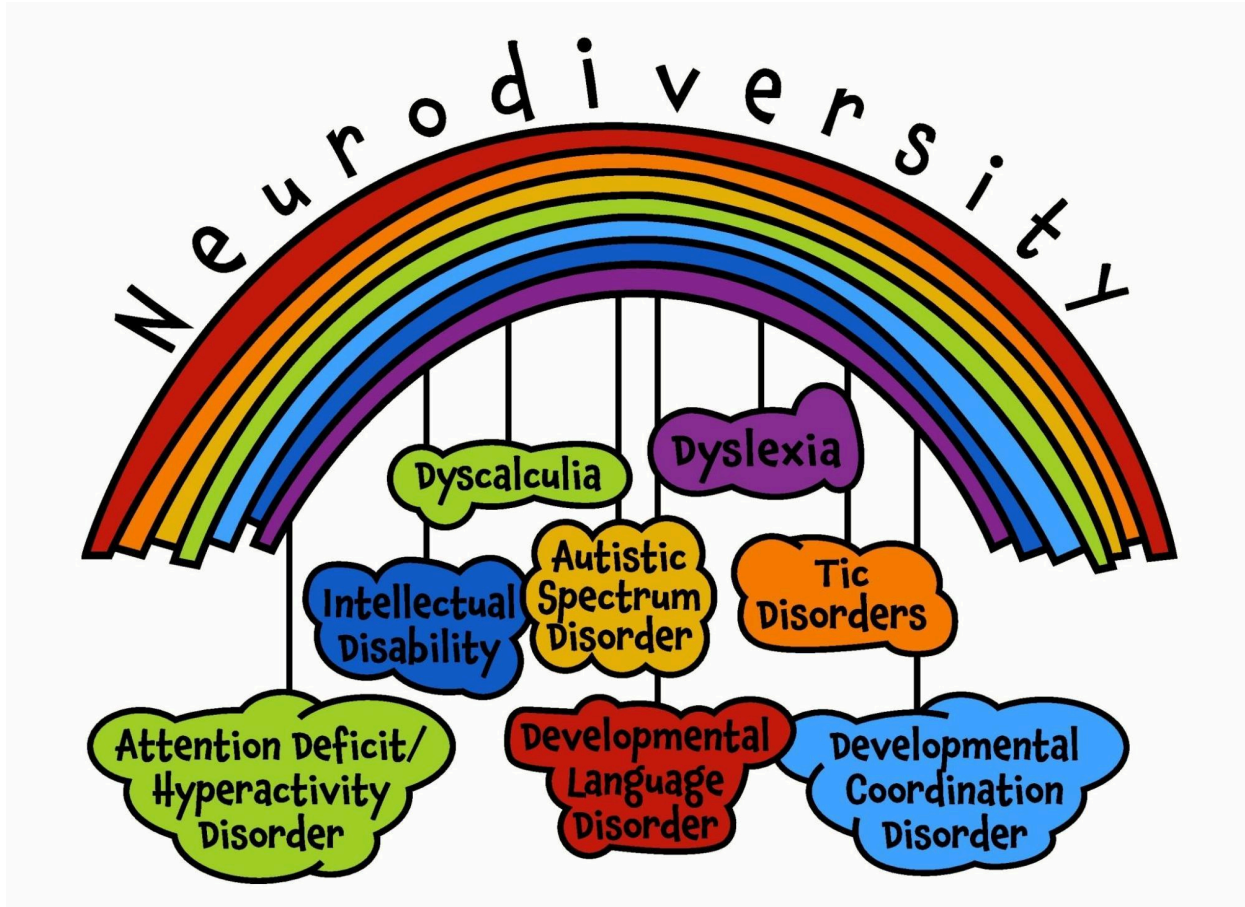
## PAGE 1: HOME (Landing Page)

### [HERO SECTION]

- **Headline:** The Problem Isn't Your Mind. It's The Ecosystem.
- **Sub-headline:** We move beyond the "Pathology Paradigm." Based on the research paper *The Ecological Imperative*, we help Neurodivergent (AuDHD) minds build the environment they were designed for.
- **[Primary Button]:** Take the Ecological Assessment (NEA-Q)
- **[Secondary Button]:** Read the Research

### [SECTION 2: THE PARADIGM SHIFT]

- **Visual:**



Getty Images  
[Explore](#)

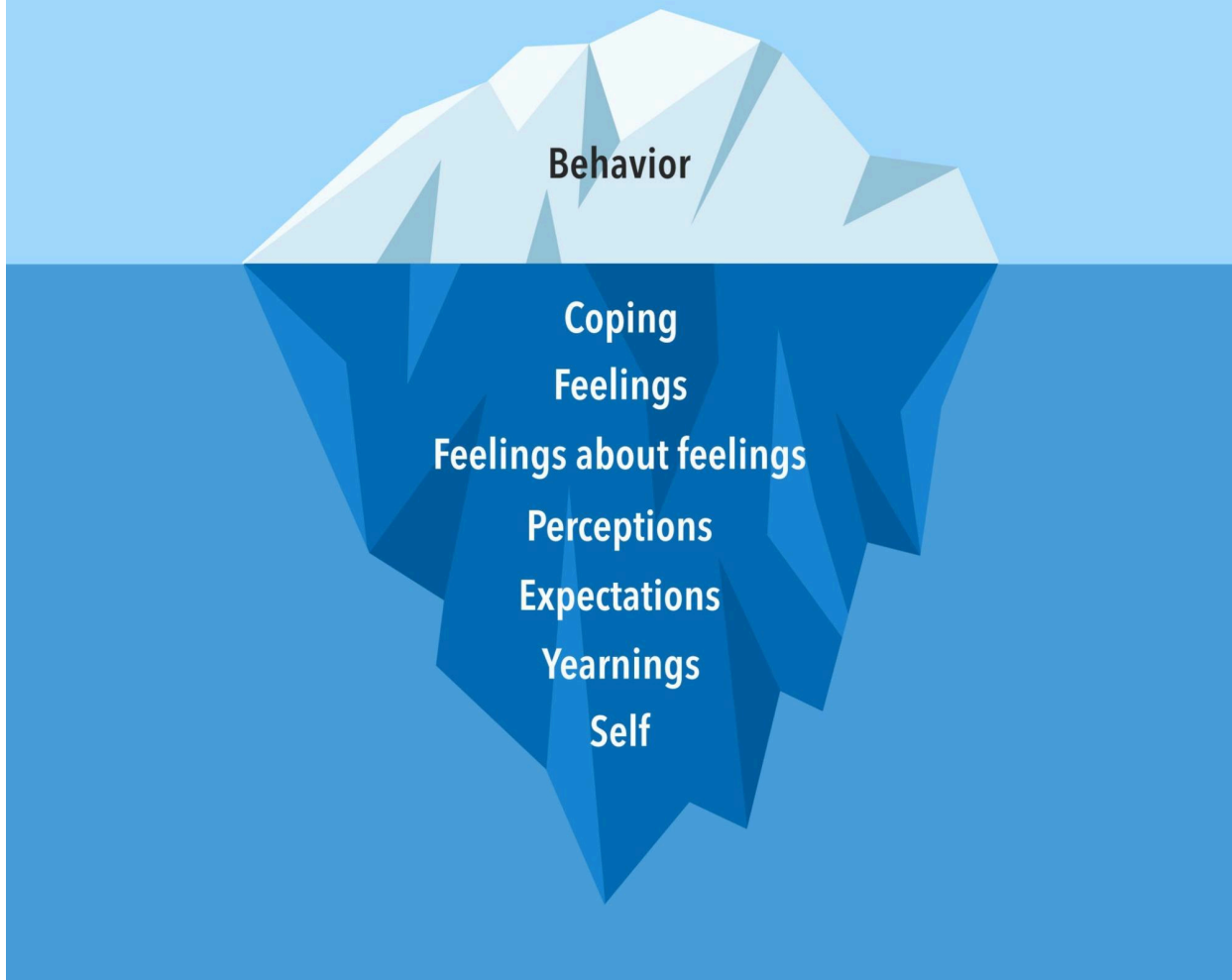
Caption: Neurodivergence is a natural variation, not a deficit.

- Copy:  
For decades, the medical model asked: "What is wrong with this person?"  
We ask: "Where does the environment fail this person?"  
Autism and ADHD are not just lists of symptoms to be fixed. They are specialized operating systems that require specific inputs to function. When those inputs are missing, we see trauma. When they are present, we see genius.

### [SECTION 3: THE INVISIBLE STRUGGLE]

- Visual:

# The Personal Iceberg Metaphor



Getty Images

Caption: Behavior is just the tip. The internal cost is the mountain beneath.

- Copy:
  - Standard diagnosis looks at the top of the iceberg: behaviors, fidgeting, and eye contact. We look at the bottom of the iceberg:
    - **The Cost of Masking:** The exhaustion of pretending to be neurotypical.
    - **Sensory Safety:** The physical pain of fluorescent lights and open offices.
    - **Burnout:** The collapse that happens when you run a Ferrari engine on low-grade fuel.

---

## PAGE 2: THE SCIENCE & HISTORY (About Us)

[SECTION 1: THE 150-YEAR SHIFT]

Headline: From "Gifted" to "Disordered"

Copy:

In 1875, an obsessive, socially awkward individual who worked for 18 hours a day was called a "Visionary" (e.g., Nikola Tesla). Today, that same profile is diagnosed with a disorder. The brain hasn't changed. The economy has. We moved from an era of Invention (valuing output) to an era of Compliance (valuing behavior).

[SECTION 2: INDIGENOUS WISDOM]

Headline: Essential on the Tundra

Copy:

In traditional Inuit culture, the trait of Silatuniq (wisdom of the world) was often found in those we would now call Autistic.

- **The Trait:** Hyper-focus, sensory sensitivity, low social desire.
- **The Function:** Weather prediction, navigation, survival observation.
- **The Lesson:** A trait is only a disability when it has no function in its environment. We help you find your "Tundra."

[SECTION 3: UNDERSTANDING AuDHD]

Headline: The War Within

Copy:

We specialize in the AuDHD profile (Autism + ADHD). This is a complex internal opposition:

1. **The Autistic Drive:** Safety, Routine, Sameness.
  2. **The ADHD Drive:** Novelty, Stimulation, Dopamine.
- **The Result:** A high-friction internal engine that requires precise ecological engineering to prevent burnout.

---

## PAGE 3: THE NEA-Q (The Interactive Tool)

**[developer\_note]** This section requires a form submission logic. The user answers 1-5. The system sums the score and delivers a specific result tier. **[/developer\_note]**

Header: The Neurodivergent Ecological Assessment Questionnaire (NEA-Q)

Instruction: Rate the following statements based on your lived experience over the last 6 months.

Scale: 1 (Never) | 2 (Rarely) | 3 (Sometimes) | 4 (Often) | 5 (Always)

### PART 1: COGNITIVE LOAD & MASKING

1. I spend significant mental energy analyzing social interactions to choose the "correct" response. [1-5]

2. I hide my intense interests or knowledge because I fear being seen as "too much." [1-5]
3. I feel exhausted after social interaction, even if I enjoyed the people I was with. [1-5]

#### PART 2: BURNOUT & DEPLETION

4. I feel a persistent, deep physical exhaustion that is not relieved by sleep. [1-5]
5. My ability to do basic tasks (dishes, emails) has noticeably declined recently. [1-5]
6. I have withdrawn from hobbies I once loved due to a lack of energy. [1-5]

#### PART 3: CONTEXTUAL FUNCTION

7. My organizational skills are excellent for things I love, but non-existent for routine tasks. [1-5]
8. I struggle to make decisions because part of me wants stability (Autism) and part of me wants novelty (ADHD). [1-5]
9. I perform significantly better in quiet, controlled environments than in open, busy ones. [1-5]

#### PART 4: SENSORY ECOLOGY

10. Certain sounds, lights, or textures cause me immediate physical irritation or anxiety. [1-5]
11. When I am distressed, I find it hard to speak (shutdown) or I become very irritable (meltdown). [1-5]
12. I physically need to move (fidget, pace, rock) to think clearly. [1-5]

**[SUBMIT BUTTON]: Calculate My Ecological Mismatch**

---

#### [LOGIC / RESULTS PAGE DISPLAY]

- **Score 12-30: Balanced Ecology.** *Your environment currently supports your neurotype well.*
- **Score 31-45: Ecological Friction.** *You are surviving, but at a high cost. Minor adjustments to your home and workflow are needed to prevent burnout.*
- **Score 46-60: CRITICAL MISMATCH.** *You are in a hostile environment relative to your neurology. You are likely currently in or approaching Autistic Burnout. Immediate environmental accommodation is required.*

#### [CTA AFTER RESULT]:

- *"Get your Full 15-Page Personalized Ecological Report + Doctor's Permission Slip."* **[\$29 - Buy Now]**

---

## PAGE 4: SERVICES & STORE

**Headline:** Tools for the Ecological Engineer

#### [TIER 1: DIGITAL GUIDES]

- **The AuDHD Operating Manual (\$35)**
  - *Description:* How to manage the conflict between the need for routine and the need

for chaos. Includes the "Dopamine Menu" and "Recovery Protocols."

- **The Burnout Rescue Kit (\$35)**

- *Description:* A step-by-step guide to exiting the "Critical Mismatch" zone. Scripts for saying no, sensory diet plans, and rest strategies.

#### [TIER 2: CONSULTING]

- **The 1-on-1 Ecological Audit (\$299)**

- *Description:* We don't fix you; we engineer your life. A 60-minute video audit of your workspace, schedule, and home to remove sensory friction and executive dysfunction triggers.

#### [TIER 3: COMMUNITY]

- **The Sanctuary (\$20/mo)**

- *Description:* A body-doubling and special-interest community. No masking allowed.
- *Features:* 24/7 Silent Co-working Rooms, Weekly "Unmasking" Calls.

---

## FOOTER

- **Links:** [Research Paper](#) | [Privacy Policy](#) | [Terms of Service](#)
- **Disclaimer:** *The Ecological Mind provides educational resources and coaching based on the Neurodiversity Affirming Practice (NDAP) framework. We do not provide medical diagnosis or psychiatric treatment.*
- **Copyright:** © 2025 The Ecological Mind. Built on the principles of *The Ecological Imperative*.