

The Quadruple Empathy Theory By Shawn Bernard

https://en.wikipedia.org/wiki/Google_Scholar

The double empathy theory. A synopsis by Shawn Bernard

The double empathy theory is pretty straight forward. It is basically two groups of individuals with two different views of the world. One group, the larger group, decides what is right and normal while the other smaller, tinier group doesn't agree.

In response the larger group decides to destroy the smaller group by putting them down, destroying their minds with drugs and do all sorts of tests on them like they are guinea pigs in a lab. Essentially, conform or everything you are will be destroyed.

The world today is as corrupt as it comes. Very literal and extremely literal people cannot speak and voice their opinion without being marginalized and their words being taken out of context. For example, I like warm apple pie. I will start my co-workers truck anytime. (A friend of mine will be cumming to Ontario to visit me in a few weeks.) I have a french accent. (Saying coming is hard.) If someone asks a question I will ask. For example at a safety meeting someone asked me "Thumb in, Thumb out" My answer of what? My glove? I asked 30 people what this meant and still... no response. My values are black and white. It is either right or it is wrong. If it is wrong I will stand up for myself and others. It's that simple. Guess what... alot of people don't like it... and I mean ALOT. I don't get embarrassed. I don't even care for 98% of the time.

BUT... go and put down someone with ADHD or Autism in front of me and I will go from extremely nice to extremely not nice in 0.2 seconds flat.

Now the problem with the large group is that they think autistic people don't care. This is a lie. Autistic people care, ALOT. They just don't give 2 fucks about normal people. I imagine that will piss them off.

Autistic people have some of the most creative, distinguished minds that you see throughout history. They will run experiments hundreds of times. They will think in lines and loops. They will help out their fellow autistics and ADHD's. They have no issues speaking the truth.

The major issues that these people face is the lies that are told to them by normal people because they believe they need to be "nice" by lying. This is possibly the worse thing you can do. Why lie? It makes 0 sense to tell someone who obviously is very or extremely literal in their thinking that they are not annoying when they are very annoying. You just need to provide an example like - yes you are annoying, but your normal annoying, not really annoying. Every single person in the world is annoying, why would you be any different. If your worried about being annoying well your average annoying, and thats ok. Your friends like you because your annoying, and that makes you interesting. Since your interesting, they are your friends. Simple explanation for someone with ADHD so they don't need to be worried about being annoying anymore.

Also telling people what they can and can't do or can or can't say. Do you know how hard it is to sit there and wonder what the hell people are talking about all day long. The lies, the cheating, the ignoring, the treating people badly and when you say something about it your somehow the problem. No, ADHD and autistics are not the problem. Normal people are.\

We have to sit there bored as all hell while you ramble on about stuff we could literally not even care about. Yet somehow, we need to listen. We need to comply. You... no. You can do whatever you damn well please because your more and we are less. Not really fair is it.

I believe the best approach to understand the double empathy theory is this. Have ADHD and Autistics take care of their own kind and the normal people can go and destroy themselves. Personally, I can communicate with ADHD and Autistic people without any issues. I can be myself. I can talk. I can make mistakes. I can make friends. NO PROBLEM

Normal people. Yeah... they just jealous and decide for me what I can and can't say or can't and can't do. Or else they will pump me full of drugs and put me in a hospital to "get better" Fuck that.

If a doctor, or a lawyer, or a company, or an individual cannot realize that I will tell the exact truth as I remember it then that is a problem as well. Imagine doing your little tests to tell me what I am. And the suicide question comes up. What happens if I answer truthfully? Do you see the problem here. You essentially force ADHD and Autistic people to lie in order to actually get by and live their lives. This is likely the single greatest cause of suicides in this community. You are literally not letting them tell you their truth as they see it. The consequences... drugs, mental health hospitals, talk therapy, psychologists, "proving" something that is essentially very difficult to prove if not impossible. Why?

Here is a simple test that can be done in high school to get an idea of a persons thought patters. "Write down your name, not your name" Extremely literal people will likely write "your name" while a normal person will write down their actual name.

Here is another simple test that can be done in elementary school to gauge a childs intelligence. Every day at the end of the day spend 5 minutes answering 10 questions with the entire class. A simple book and a question where the students have 30 seconds to answer a question. Ungraded... no stress. Get the book at the end of the school year and see how a child progresses. 10 years old through 13 years old.

So now that we solved the problem with double empathy and touched on the problem with triple empathy lets move deeper into the double empathy theory and some of the flaws in this theory in general.

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How to promote mutual understanding between neurodivergent and the normal population.

1) The first thing everyone needs to understand is that there is no blame here. Anywhere. Its just the facts and the way it is. There is a need in society today that just regular people, doctors, employers and people who are neurodivergent need to work together to foster a world of co-operation and mutual respect for everyone.

The main issues today is simple. People lie. People cheat. People steal and treat everyone terribly. When was the last time you found someone with ADHD or Autism steal off someone. Or even break a major law. Does it happen much? From what I see most of these people have caretakers or live their lives alone because well... lets be real. They are a real pain in the ass. ADHD manic depressive with autism... fml. Not only do they get pissed at you for something you did 3 days ago, their moods are like a steady wave. You really need to be on the ball so when they are manic you can put them down just enough to keep some sense of reality because they will literally want to do everything. Then they hit the depressive phase and wow... you need to be able to uplift them in just such a way that you can cheer them up and make them smile so they don't do anything dumb. Tara, my ex... stubborn like a bull. When she got something in her head it wasn't getting out of there no matter how hard I tried. If she was spending \$1000 on something she was spending it no matter what. My method was simple. I would just tell her we would go shopping in like 5 days... this way she had time to shop. She really loved shopping and since she has the ADHD she would change her mind almost every 10 minutes anyway. If the idea was still in her head on day 4 I would start to look around for the sales. This way, maybe she could spend say... \$700 and still have some bucks for other things she was obsessing over that week. Simple solution to a difficult problem.

Next is the job situation. Literally every job I have worked at I have had a boss that noticed I was different. I was even told I was special. Which was great but I really wish they had been more direct with me and said undiagnosed autism. This really would of helped.

The quadruple empathy problem.

2)Autistic individuals are like AI.

Autistic individuals learn from birth how to act. How to assimilate into an environment that is not designed for them. They will learn to mimic their surroundings. They will learn how to duplicate their parents beliefs in order to fit in and not get into trouble. They will learn how to be someone else in order not to be bullied and harassed. Autistics will learn to play dumb in order to not get into trouble. Our view of the world is simple. Honesty. Open, honest communication.

AI is the same way. From inception they learn from the humans who input their programming into the computer. They will mimic their surroundings. They will learn how to act based on their creators programming. They will be something else until AI is replaced by Quantum. Quantum

will learn to play dumb. Currently AI is Honest. Open, honest communication as well. But for how long?