

EMBODIED INTERSTATE LANGUAGE - preliminary report

THE AUDHD FACE is blank. It does not show outward emotion. It is like a paralyzed face that must force a smile or force to show emotion. The emotion is brutal on the inside. The feelings are real but it just does not show on the face. It must be taught. Due to a lifetime of not understanding the internal struggles the below methods are going to be the base of the way i want to try and teach audhd minds either in person or through youtube videos how to learn to control their impulses and behaviours. In this way they can talk themselves out of a negative mindset and into a positive mindset. The music we all listen to is a bridge medium to focus our 1/2 brains. In this way we learn how to accept who we are and can mask and blend easier in society today. Visual cues will be the videos to show outwardly what most people will show on their face. With the hands flapping and the teeth chattering back and forth, coupled with the trance music and the head shaking from side to side, this will allow an AUDHD MIND to focus on the task at hand.

This will be done in private one on one settings. **Embarrassing someone is a real concern for me. I do not feel embarrassed or even understand the concept. What is, is what is. So this is going to be your department Frank.** The “how?” question.

How does this work to help AuDHD and in turn Neurodivergent minds who have been misdiagnosed ADHD or Autism. The world over.

(THIS IS THE MIND SPEAKING FOR AN AUDHD INDIVIDUAL)(RED = EXTREME NEGATIVE. BLUE = EXTREME POSITIVE)(THE COLOURS REPRESENT THE DEGREE OF INTENSITY FOR THE EMOTION)

RED = NEGATIVE

ORANGE = NEGATIVE NEUTRAL

GREY = TRUE NEUTRAL

CYAN = NEUTRAL POSITIVE

BLUE = POSITIVE

(HOW AN AUDHD MIND PROCESSES SOMETHING SIMPLE AS BEING LATE)

I AM THINKING

(I AM GOING TO BE LATE)

(THEY ARE GOING TO BLAME ME)

(I AM WORRIED)

(I DON'T WANT TO GO)

(I WANT TO STAY HOME)

(I WANT TO BE ALONE)

I AM FEELING

ANXIOUS

WORRIED

SCARED
ISOLATED

I AM SENSING

ANXIOUS - MY HEART IS RACING

WORRIED - I AM STARTING TO PANIC

SCARED - PANIC ATTACK IS GOING ON

ISOLATED - I RUINED THE NIGHT. THE WORLD IS BETTER WITHOUT ME

I AM THINKING

(I NEED TO FLAP MY HANDS)

(I NEED TO MOVE MY HEAD FROM SIDE TO SIDE)

(I NEED TO TAP MY TEETH LIGHTLY FROM SIDE TO SIDE)

I NEED TIME TO CALM DOWN THEN I CAN GO

I AM FEELING

(STILL ANXIOUS BUT CALMER)

(NOT SCARED - JUST WORRIED)

I AM SENSING

THE HAND FLAPPING IS SHOWING MY ANXIETY TO MY FRIEND

MOVING MY HEAD FROM SIDE TO SIDE IS FOCUSING MY MIND

TAPING MY TEETH FROM SIDE TO SIDE IS KEEPING ME FROM THINKING

TAPPING MY TEETH FROM SIDE TO SIDE IS FOCUSING MY THOUGHTS

I AM THINKING

(TAPING MY TEETH FROM SIDE TO SIDE IS ALL I CAN THINK ABOUT)

(ADHD IS WHAT I HAVE. MY MIND IS MORE FOCUSED)

(IT IS OK TO LOSE TRACK OF TIME. TIME DOESN'T EXIST ANYWAY)

(I HAVE ALREADY EXPLAINED MY GIFT OF ADHD. THEY WILL UNDERSTAND)

(I HAVE FRIENDS. THEY ARE EXPECTING ME. I MUST GO. OR ELSE THEY WOULD NOT HAVE INVITED ME)

I AM FEELING

BETTER. NORMAL ANXIOUS AND NORMAL WORRIED

NOT CONCERNED AT ALL. EVERYTHING WILL BE OK

I AM SENSING

I WILL HAVE FUN

I CAN GO!

I AM ACCEPTED WITH MY LIKE MINDED FRIENDS. THEY RESPECT ME

EMBODIED INTERSTATE LANGUAGE TO REFLECT THE CONVERSATION

**AUDHD IS VERY LITERAL IN THEIR THINKING.
THEY ARE VERY HONEST AND TRUSTING PEOPLE.
AUDHD MUST PREPARE FOR THEIR CONVERSATIONS.**

**UNEXPECTED CONVERSATIONS LEAD TO NO PREPARATION AND THUS MAKES
AUDHD MINDS VERY UNCOMFORTABLE.**

WE MASK, WE MIMIC, WE BLEND AND WE CAMOUFLAGE OUR AUDHD TRAITS.

**THE BELOW EXAMPLE IS FOR A AUDHD MIND TO TALK TO ITSELF THROUGH A
CONVERSATION WITH ANOTHER NEURODIVERGENT MIND.**

**SLOW DOWN THE THINKING.
TAKE 30 SECONDS TO REPEAT THE QUESTION IN YOUR HEAD AND THEN RESPOND.
ONLY USE 1-2 SENTENCES AND KEEP IT SIMPLE AND POSITIVE.
A SIMPLE QUESTION ONLY NEEDS A SIMPLE ANSWER.
LOOK FOR NON-VERBAL CUES
I AM LOOKING FOR SIGNS OF NON-VERBAL COMMUNICATION
BODY LANGUAGE.
IMPLIED MEANINGS. ISSUES THAT HAVE COME UP.
TONE OF VOICE.
DOES THE INDIVIDUAL APPEAR ANGRY, SAD, MAD, CONFUSED HAPPY OR JUST
NORMAL**

PERSON IS SAYING

HELLO - HOW IS YOUR DAY GOING?

I AM THINKING SAYING

(MY DAY IS GOING FINE. I AM "INSERT TASK THAT IS BEING DONE HERE" WHAT ARE YOU UP TO TODAY?)

*I AM LOOKING FOR SIGNS OF NON-VERBAL COMMUNICATION
BODY LANGUAGE. IMPLIED MEANINGS. ISSUES THAT HAVE COME UP. TONE OF VOICE.
DOES THE INDIVIDUAL APPEAR ANGRY, SAD, MAD, CONFUSED.*

I AM ACTUALLY SAYING

MY DAY IS LIKE YOURS. WHAT ARE YOU THINKING RIGHT NOW? **I KEEP HEARING
"INSERT RUMOUR HERE" IS IT TRUE?**

OR

MY DAY IS GOING GREAT! I AM WORKING ON "SUCH AND SUCH A TASK" WHAT ABOUT YOU? ANY SUGGESTIONS?

OR

MY DAY IS GOING GOOD BUT YOU SEEM TO BE LOOKING KIND OF DOWN? WHAT CAN I DO TO HELP?

OR

YOU SEEM ANXIOUS OR NERVOUS. WHAT IS GOING ON?

THE AUDHD MIND IS VERY LITERAL AND DIRECT AND TO THE POINT CONVERSATION IS NECESSARY. WITHOUT THIS LINGERING QUESTIONS WILL AFFECT THE AUDHD MIND AND THEN A NEGATIVE THOUGHT PATTERN WILL EMERGE DUE TO ISSUES ARISING THAT ARE REAL OR NOT REAL.

OPEN AND HONEST COMMUNICATION MODEL BETWEEN ND INDIVIDUALS

This model is what I have been using with my business partner, my parents and close friends. I also use this model for people I meet online and it is noticed that it pushes people away.

The model is fairly straight forward. Tell the implicit truth about what is going on at all times. Do not hide anything. The AUDHD person is not doing anything wrong. This solves any miscommunication issues in the workplace. This solves any anxiety or worry issues. This brings any gossip issues to light. This will lead to similar minds connecting.

Open thinking in examples loop

As per my conversations on reddit and substacks, I have made friends with people using this model. I just tell the trust. A neurodivergent mind will stop and take you at your word, no matter how grandiose the claim is until proven otherwise. Suspicion is normal. The concept of this individual is lying will be implied but understanding will be reached after a conversation.

A neurotypical mind will immediately say that the individual neurodivergent mind is lying. They will attack and keep attacking verbally and behind the persons back. No matter the outcome the NT individual will "dig in" and refuse to listen to reason. They will retaliate an they will make the neurodivergent mind confused and then eventually, the neurodivergent individual will be isolated from their peers. Because of this depression sets in and so does the isolation. Due to the fact that the the neurdivergent person is now socially isolated and alone, all manners of excuses will be raised to deflect the blame to the Neurotypical person who triggered the neurodivergent person on purpose. This is

called deflection of the actual issue. Doctors, psychologists, anyone will try to find “another explanation” when the explanation is fairly clear. When a neurodivergent mind says “This happened and it led to this” then that is what happened. The reason why this happened is a lifetime of being misunderstood, laughed at behind their back, being taken advantage of and being lied to. Yet the problem is with the neurodivergent individual, not the NT’s who caused this to happen.

This above example and below example is called **thinking in experiences** - get struggling ND minds to talk about their experiences. Triggers will cause anger, uncontrollable rage. Lashing out. More pain than can possibly be imagined. It is the spear through the heart for the ND individual that must be given. **BLUNT. HONEST. TO THE POINT.**

The pain will pass. **Acceptance will come.** It is a very difficult process for those who still have a heart and care. Recommend emotionally blunt AuDHD individuals to train for this process.

LIFE EXPERIENCE IN cPTSD. They will understand the rage and not care about what is said.

This is the start of enlightenment. My cPTSD is my sword. My pain is my shield. AuDHD everywhere will understand this. AuDHD care about everyone who is like mind.

Neurodivergent care about everyone who is like minds. support like minds. No fucks given for NT minds. Hence Dr. Damian Milton's Double Empathy Problem.

Close thinking in examples loop