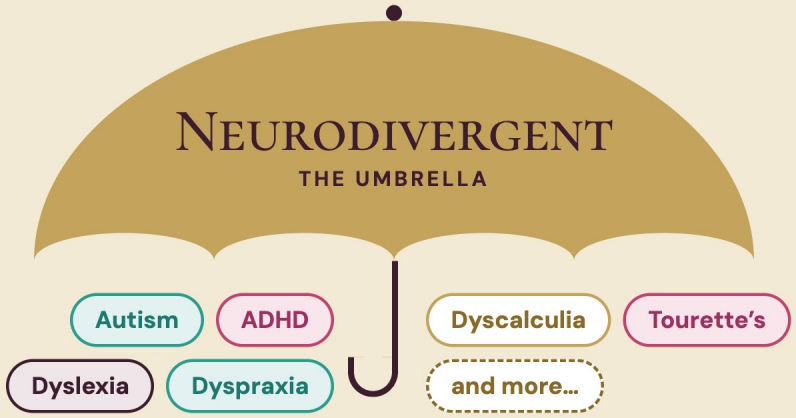
Different brains, *all welcome.*

Every brain is wired a little differently. Here are the words for that, and why we see difference as something to understand, not fix.



Many people sit under more than one part, like AuDHD.



Neurodivergent and neurotypical brains are **both** part of neurodiversity. No brain is left outside it.

NEURODIVERSITY

The natural variety of human brains. Everyone is part of it.

NEURODIVERGENT

A brain that works differently from what society treats as "typical."

NEUROTYPICAL

A brain that works the way society usually expects and builds for.

THE ND PARADIGM

Differences, not deficits. Support, not "fixing." Needs are real; brokenness isn't.

"Neurodiversity" caught on in the late 1990s through autistic self-advocates; Judy Singer is often credited with popularizing it.

Two ways of *seeing a brain*

THE DEFICIT LENS		THE NEURODIVERSITY LENS
"What's wrong with you?"	→	**"What do you need?"**
Fix the person so they fit in.	→	**Shape the world so more people fit.**
Hide what makes you different.	→	**Understand what makes you, you.**

What SOLA *believes*

You belong here, exactly as you are.

You're not broken.
A different design, not a faulty one.

Support over fixing.
We look for what helps, not what to erase.

You're the expert on you.
Your experience counts, diagnosis or not.

Community matters.
Understanding grows when we learn together.

Continued on back: go deeper →

Finding your *place in it.*

There are no right answers here, and you don't need a diagnosis to wonder. Take these slowly, on your own, in a session, or with someone you trust.

1 *When did I first feel different from the people around me? What was happening?*

2 *Which words on the front feel like they fit me? Which ones don't, or not yet?*

3 *What changes when I see my brain as different, not broken?*

4 *Where have I been asked "What's wrong with you?" and what did I actually need instead?*

5 *Who helps me feel like I belong, just as I am? What would more of that look like?*

TRY THIS WEEK Notice one moment your brain did something well in its own way. Write it down.