

empathy

differences in cognitive empathy, emotional empathy, somatic empathy, mirror empathy and aesthetic empathy

differences in processing or expressing information

altered states

lucid dreaming, day dreaming, hallucinations, visions, mania, psychosis, dissociation, depression, anxiety, hypervigilance

visual imagination

aphantasia, partial aphantasia, hyperphantasia, phantasia

sensory

sensory seeking, sensory avoiding, hypersensitivity, hyposensitivity, sensory filtering, synesthesia

time perception

variability in time perception, speeding up, slowing down, cyclical time, linear time

motor

differences in motor control, fine motor & gross motor skills, motor tics

voice hearing

internal monologue, intrusive thoughts, external voices, internal voices



Neurodiversity Smorgasbord

A framework inspired by the Relationship Anarchy Smorgasbord as an alternative way to understand neurodiversity and human differences beyond the DSM and diagnostic labels.

You can identify your traits, differences or altered states that are a part of your unique profile from these platters. Remember, the items on your plate can change at any time.

plurality

multiplicity, distinct multiple selves, inner child, multiple inner dialogues, parts

memory

differences in short and long term memory, working memory, semantic memory, prospective memory, procedural memory, episodic memory

stimming

auditory stims, tactile stims, vocal stims, visual stims, vestibular stims, proprioceptive stims, olfactory stims

communication

non-spoken communication, spoken communication, hypervocal, echolalia, stuttering, differences in tone, pace, eye contact and body language

attention

differences in regulating attention, monotropism, polytropism, flow state, hyperfocusing

emotions

differences in intensity, duration, naming, processing and describing emotions