

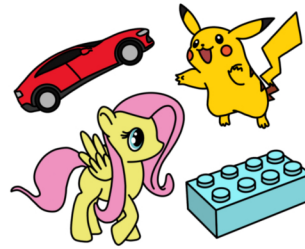
Some ND traits that are stigmatised (and shouldn't be):



Regulating our sensory input



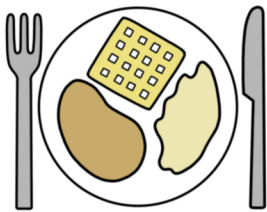
Stimming or fidgeting



Having "childish" interests



Asking for clarification



Being a "fussy" eater



Being easily overwhelmed



Avoiding eye contact



Struggling with spelling



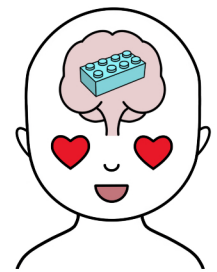
Needing to spend time alone



Making mistakes in social settings



Being "clumsy"



Being enthusiastic about a topic



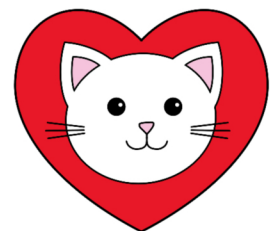
Being more active at night (delayed circadian rhythm)



Not mastering "adult" skills



Struggling with keeping things tidy



Finding animals easier than people