

# Neurodivergent Relationship Reflection



Check the items that are usually true. Add notes or examples to clarify.

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## How They Care for You

- They show care through actions, not just words (fixing, researching, optimizing)
  - They remember *specific* details about your needs or preferences
  - They offer practical help when you're overwhelmed
  - They check in on your energy level rather than assuming capacity
  - They respect your need for space without withdrawing emotionally
  - They are deeply loyal once committed
  - They make you feel chosen, not interchangeable
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## How They Communicate & Disagree

- They are direct and clear rather than passive-aggressive
  - They focus on solving the problem, not winning the argument
  - They can discuss difficult topics without character attacks
  - They are willing to pause a disagreement to regulate
  - They prefer clarity over emotional theatrics
  - They apologize with specificity and follow-through
  - They are open to structured conversations or written communication
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## How They Handle Stress & Overload

- They recognize when they're overloaded and communicate it
- They self-isolate to regulate, not to punish
- They have identifiable stress signals you can learn
- They recover fully after rest rather than staying dysregulated
- They value systems, routines, or predictability under stress
- They take responsibility for their regulation over time

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## How They Think & Problem-Solve

- They see patterns others miss
- They think deeply before speaking or deciding
- They ask clarifying questions instead of guessing
- They can hyperfocus to solve complex problems
- They value accuracy over appearances
- They bring insight, strategy, or innovation into your life

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## Emotional Depth & Authenticity

- They are emotionally sincere, even if not expressive in typical ways
- They dislike manipulation or mind games
- They value truth over comfort
- They allow you to be fully yourself
- They form deep bonds rather than shallow connections
- They mean what they say

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## Boundaries, Autonomy & Respect

- They respect autonomy (yours and theirs)
- They do not pressure you to perform emotionally
- They value consent, clarity, and choice
- They are comfortable with parallel time together
- They honor agreements around space, time, and energy

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## Big-Picture Appreciation

- Life feels more honest with them
- You trust their intentions even when delivery is imperfect
- You feel intellectually stimulated
- You feel emotionally safer over time, not less
- You feel like a team, not an audience

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## How They Show Reliability

- They are consistent once expectations are explicit
- They prefer clear agreements over assumptions
- They follow rules they agree to
- They respect boundaries when clearly stated
- They use tools (calendars, reminders, checklists) to stay dependable
- They improve performance when feedback is concrete

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## Growth, Integrity & Long-Term Potential

- They actively work on self-awareness
- They are open to tools, therapy, or coaching
- They own mistakes rather than deflect
- They want systems, not excuses
- They grow steadily when supported
- They are committed to long-term improvement

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## Reflection

Which qualities matter most to me? \_\_\_\_\_

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Which items are needs vs. preferences \_\_\_\_\_

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Which differences require accommodation and which are deal-breakers? \_\_\_\_\_

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