

## **Challenges & Assets: common with people in recovery & also Neurodivergent and/or living with PTSD or CPTSD**

\* **Neurodivergent** is a nonmedical term that describes people whose brains develop or work differently for some reason. This means the person has different strengths and struggles from people whose brains develop or work more typically. While some people who are neurodivergent have medical conditions, it also happens to people where a medical condition or diagnosis hasn't been identified.

### **Dysregulation**

- Of emotional states or the nervous system
- Distractibility
- Need for external stimulation
- Reactive behavior as a result of feeling overwhelmed by intense emotions
- Prone to overstimulation from their environment: Sounds, loud noise, crowds, lots of activity

### **Shame:**

- Self-blame
- Blaming others
- Isolating
- Poor self-esteem
- Lack of Confidence
- Comparing self to others
- Catastrophizing
- Minimizing

### **Dysfunctional relations between self and others**

- People pleasing
- Limited consciousness about their impact on others
- Giving away our power
- Poor boundaries

### **Sleep Difficulties**

- Falling asleep
- Staying asleep
- Waking up
- Nightmares or night terrors

### **Disorganization**

- Losing things

- Disorganized
- Difficulty making choices and/or decisions
- Difficulty prioritizing and planning
- Not completing tasks

### **Time Helplessness**

- Lost in the “now”
- Hyper focusing on a task or activity without regard to time
- Lack of time limits
- Giving away our time
- Rushing
- Procrastinating
- Ruminating
- Difficulty with starting and stopping tasks or activities
- Impulsively acting on what is in front of them rather than taking a planned action
- Compulsively avoiding what is most important
- Perfectionism
- Dreamy/Spacey

### **Assets**

- Sensory sensitivity and improved perception, which enable them to immerse themselves more fully in the sensory symphony of life.
- People who are neurodivergent naturally possess the ability to spot patterns, connections and interconnections that others might miss.
- Enhanced creativity and unique perspectives.
- Enhanced memory and information retention
- Synesthesia and cross-sensory perception
- Nonlinear thinking and divergent ideas
- Heightened empathy and emotional intensity
- Hyper-systemizing and order in chaos
- Detail-oriented and meticulous observation
- Verbal eloquence and unique communication styles

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Neurodivergent people exhibit ways of processing information often associated to those considered to fall into the realm of the autism spectrum. This includes ADD, ADHD, Autism, and Asperger Syndrome, OCD, as well as Highly Sensitive People and Empaths.

**\*\*PTSD or CPTSD** - Post-traumatic stress disorder or Complex post-traumatic stress disorder: Person operates with an unconscious template for navigation through life based on an unconscious unhealed neurological traumatic wound.

Post-traumatic stress disorder (PTSD) is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event, series of events or set of circumstances. An individual may experience this as emotionally or physically harmful or life-threatening and may affect mental, physical, social, and/or spiritual well-being. Examples include natural disasters, serious accidents, terrorist acts, war/combat, rape/sexual assault, historical trauma, intimate partner or childhood abuse/violence and bullying,

Complex post-traumatic stress disorder may occur when a person experiences repeated trauma over a period of time.