

Same World, Different Experience

Neurotypical & Neurodivergent

Why the same situation can feel completely different.

NEUROTYPICAL EXPERIENCE



Routine
steps



A familiar
place



Hear it,
understand it,
begin



Food and
time with
friends



Time to
relax and
unwind



GETTING
READY



WALKING INTO
SCHOOL



BEING GIVEN
INSTRUCTIONS



LUNCHTIME



COMING
HOME

NEURODIVERGENT EXPERIENCE

Many decisions,
sensations,
transitions



Noise, crowds,
uncertainty,
social demands



Processing time,
remembering,
getting started



Smells, textures,
noise, queues,
social pressure



Mask drops,
exhaustion or
emotions



Same environment. Same expectation. Different experience.

What looks like refusal, avoidance or "overreaction"
may be a sign that demands have exceeded capacity.