

Not Broken. Just Differently Wired.

A two-part field guide for the neurodivergent professional.

1 HOW NEURODIVERGENCE SHOWS UP

1

ADHD with Autistic Traits

Meets criteria for ADHD; some autistic traits shape thinking and function.

A creative, quick-thinking mind that struggles with transitions, noise, or unstructured social settings.

2

Autism with ADHD Traits

Meets criteria for autism; some ADHD traits affect attention, regulation, or energy.

Strong insight and need for sameness alongside a busy mind, time blindness, or inconsistent task completion.

3

Both ADHD & Autism (AuDHD)

Meets full criteria for both. 50–70% of autistic individuals also meet criteria for ADHD.

Deep focus with distractibility. High insight with difficulty initiating. Passionate interests with overwhelm.

4

Subthreshold & Mixed

Doesn't meet full criteria for either—yet traits from each still affect daily life.

Doing “fine” in some areas, struggling in others. High potential with inconsistent access.

THE BRIDGE BETWEEN THE DIAGNOSIS AND THE TOOL

*The barrier isn't skill or motivation. It's **capacity**.*

Capacity is not the same as consistent access. AI extends what you're capable of so it can actually get out of your head and into the world.

2 FIVE WAYS AI CO-REGULATES THE NEURODIVERGENT BRAIN

1

IDEATION

Thoughts scattered & half-formed.

AI catches them, organizes them, gives them shape before they disappear.

2

DETAIL-MAPPING

Vision clear, middle steps invisible.

The granular steps the brain reliably skips—AI fills the gap.

3

PERCEPTION & VALIDATION

Is this groundbreaking? Or already done?

Honest answers without politics or hierarchy.

4

FIRST DRAFTS

Blank page triggers paralysis.

Something to react to instead of something to create from nothing.

5

JUDGMENT-FREE GUIDANCE

The “stupid” question.

Patient answers, at any level, as many times as you need.

3 THE REGULATE TO CREATE FRAMEWORK

1

Recognize the Barrier

It's capacity, not character.

2

Learn the Layers

Prompt → Context → Agentic.

3

AI as Co-Regulator

The support you didn't have.

4

Operations Hub

Activation energy, gone.

5

R&D Hub

Walk in expert and current.

6

Protect Capacity

Rest is where insight lives.

*You're not broken. You just needed the right tools.
And now they exist.*

Neurodivergence framework adapted from #BandwidthModel by Darcy Stephens, LPCC

AI co-regulator framework from Chapter 28, “Not Broken, Just Differently Wired”

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