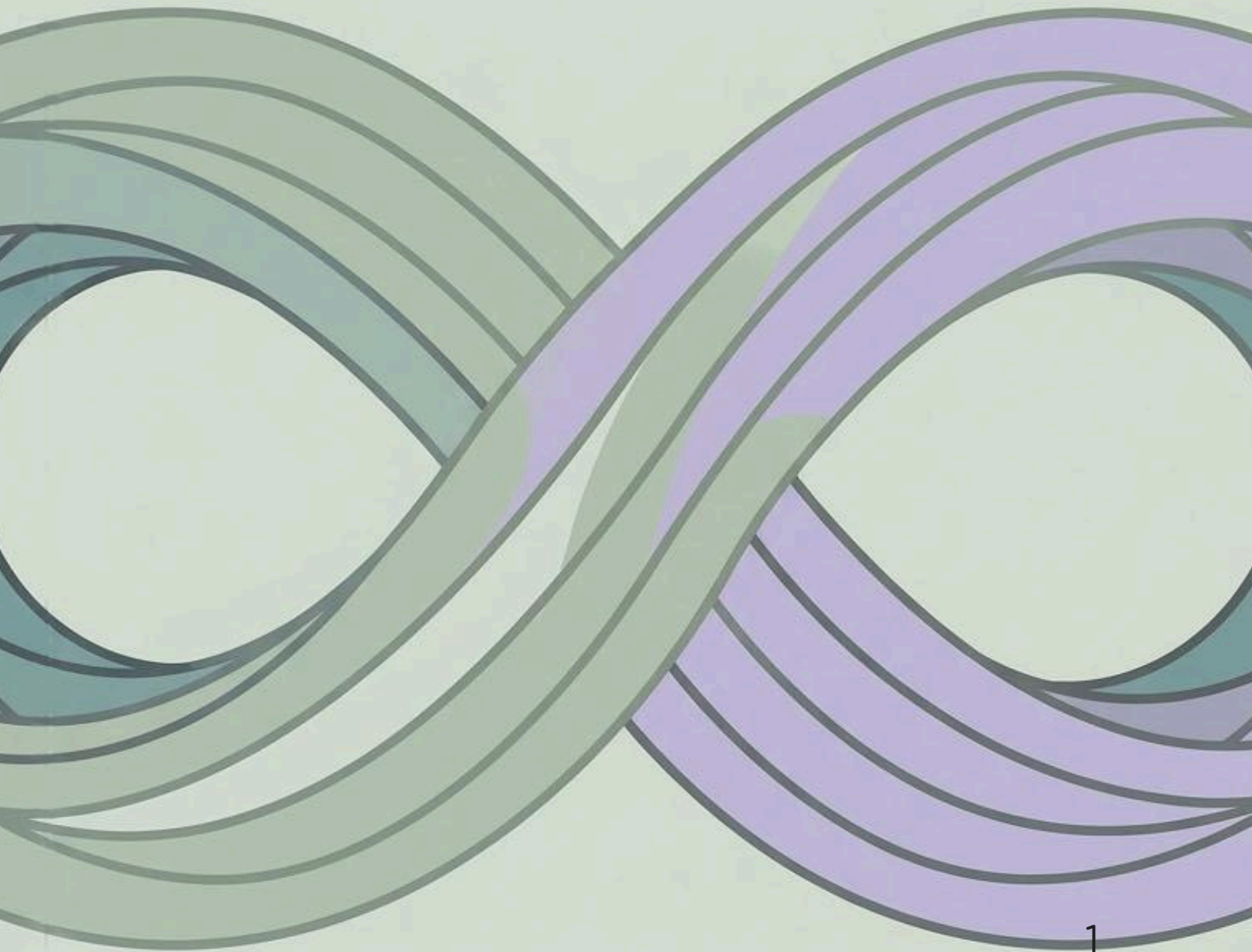




Spectrum Threadz

NEURODIVERGENT CLARITY TOOLKIT

Your Starter Pack for
Self-Understanding & Support



spectrumthreadz.com

NEURODIVERGENT CLARITY TOOLKIT



Spectrum Threadz

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1. Sensory Audit (Full Resource)



Purpose

To help you identify what regulates you, what overwhelms you, and what environments support your nervous system.

Sensory Profile Snapshot

A. Sensory Seeking (things that help you feel grounded):



- Movement: rocking, pacing, stretching, fidgeting
- Touch: soft textures, weighted blankets, deep pressure

- Sound: music, white noise, rhythmic beats
- Visual: dim lights, colour palettes, low-clutter spaces
- Smell: calming scents, fresh air
- Taste: strong flavours, predictable foods

Tick the ones that apply and add your own.

B. Sensory Avoidance (things that overwhelm you):



- Loud or unpredictable noise
- Bright lights or flickering LEDs
- Strong smells
- Busy visual environments
- Light touch
- Temperature extremes
- Crowded spaces
- Chaotic social environments

Tick the ones that apply and add your own.

C. Your Sensory Triggers



Write down the top 5 things that overwhelm your system fastest.

1	
2	
3	
4	
5	

D. Your Sensory Regulators



Write down the top 5 things that calm or stabilise your system.

1.	
2.	
3.	
4.	
5.	

E. Your Sensory Needs Summary

“I function best when...” (Write 2–3 sentences)

“I struggle most when...” (Write 2-3 sentences)

2. Emotional Regulation Map (Full Resource)



Purpose

To help you recognise emotional states early, understand what your brain is doing, and choose the right regulation strategy.

The Three Zones

A. Green Zone — Regulated



You feel:

- calm
- focused

- steady
- connected
- clear

Your brain is:

- processing well
- open to tasks
- socially available

What helps you stay here:

- predictable routines
- sensory comfort
- clear expectations
- quiet time
- special interests

B. Yellow Zone — Rising Overload



You feel:

- tense
- irritated
- scattered
- pressured
- overstimulated

Your brain is:

- losing capacity
- filtering less
- becoming reactive

What helps you recover:

- silence

- stepping away
- deep pressure
- headphones
- reducing demands
- one clear next step

C. Red Zone — Shutdown / Meltdown



You feel:

- overwhelmed
- frozen
- explosive
- numb
- unable to communicate

Your brain is:

- protecting itself
- shutting down non-essential functions

What helps you stabilise:

- no talking
- low light
- safe space
- grounding objects
- slow breathing
- time alone

Your Personal Signals

Early signs I'm entering Yellow Zone:

Signs I'm close to Red Zone:

Your Regulation Toolkit

Things that calm me:

Things that make it worse:

3. Motivation Bridges Cheat Sheet (Full Resource)



Purpose

To help you start tasks by reducing friction and creating alignment with your brain's mechanics.

The Five Motivation Bridges



A. The Clarity Bridge

Your brain needs:

- a defined first step

- a clear outcome
- a simple starting point

Use this:

“Write the first sentence.”

“Open the document.”

“Set a 5-minute timer.”

B. The Interest Bridge

Your brain activates when something resonates.

Use this:

- connect the task to a special interest
- gamify it
- add novelty

C. The Environment Bridge

Your surroundings can either block or unlock motivation.

Use this:

- change rooms
- adjust lighting
- reduce noise
- remove clutter

D. The Emotional Safety Bridge

Tasks stall when shame or fear is attached.

Use this:

- self-permission statements
- breaking tasks into micro-steps
- removing judgement

E. The Energy Bridge

Match tasks to your current energy state.

Use this:

- high energy → creative or complex tasks
- low energy → admin or simple tasks

Your Personal Bridges

What helps me start tasks:

What blocks me:

4. ND Communication Scripts (Full Resource)



Purpose

To help you communicate needs clearly without shame, conflict, or over-explaining.

A. Sensory Needs Script

Mechanic:

“My sensory system is sensitive to noise.”

Impact:

“When there’s constant background sound, I can’t process information.”

Adjustment:

“It helps if I can use headphones or work in a quieter space.”

B. Processing Time Script



Mechanic:

“I process information better when I have time to think.”

Impact:

“When I’m put on the spot, I freeze.”

Adjustment:

“It helps if I can respond in writing or have a moment to gather my thoughts.”

C. Task Clarity Script



Mechanic:

“My brain needs clear starting points.”

Impact:

“When tasks are open-ended, I get stuck.”

Adjustment:

“It helps if we break it into steps.”

D. Social Battery Script



Mechanic:

“My social energy drains quickly.”

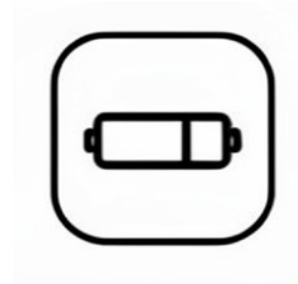
Impact:

“If I don’t get downtime, I burn out.”

Adjustment:

“It helps if I can take short breaks.”

5. One-Page Profile Template (Full Resource)



Purpose

To help you communicate your needs, strengths, and preferences quickly and clearly.

A. About Me

Name:	
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Pronouns:	
<i>Comms style:</i>	

B. My Strengths

C. What Helps Me Thrive

D. What Overwhelms Me

E. How to Support Me

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F. My Sensory Needs

G. My Communication Preferences
