

HIGH FUNCTIONING *burned out* NEURODIVERGENT *cheat sheet*

GRUUCH

This silly little acronym is about to help you feel a whole lot better.

I. GRACE

You think that something is wrong with you, which means you probably have imposter syndrome, anxiety, and *maybe* you're on edge a lot because you've kinda had to be high alert about your *otherness* your whole life. So now, I want you to have some grace for yourself. Yeah, you think of weird random things! *So do the most successful screenwriters, baby!* Your normal is *different*, and that's not only *ok*, it's good.

2. ROOM TO BREATHE

Take a beat. *Breathe*. You don't have to act on every thought and feeling that you have. You don't even actually have to prove yourself. Give yourself a little bit of space and breathing room, and see what your beautiful brain does in that space.

3. UNDERSTANDING

Speaking of your beautiful brain, did you know how amazing your differently wired brain is?? If not, get on that hyperfocus and find out. *The more you know* isn't just a platitude.

4. CURIOSITY

This one is really important, because it's going to get you through this **gestures wildly** whole thing. If you're not already: get curious. If you don't already, start looking at things from different points of view. If you feel judgment, try to put yourself in the position of what's being judged. See if it piques anything *else* in you.

5. HUMOR

This one is also important, because your brain has a great ability to see the ridiculousness in what's allegedly so "normal." *Hint: normal is pretty insane.*