

Examples of reciprocal, non-abusive Neurodivergent/Neurodiverse relationships

ABUSIVE/ONE SIDED RELATIONSHIP	EXAMPLE SITUATION/NEED	CARING/RECIPROCAL RELATIONSHIP
Neurodivergent person uses threatening and abusive behaviours to demand that the children are quiet when he is working from home.	Neurodivergent person works from home on a flexible basis which is an accommodation agreed with their employer. This is because of sensory overload in the office during specific times of the week when business activities include open days.	The family have a meeting and talk about working patterns, noise and how they can all work together to find a compromise. This includes discussing realistic planning around school holidays, evenings and weekends, and planning for what spending time together looks like outside of these times
Neurodivergent person exerts coercive control over their partner by belittling them and restricting their opportunities and rights regarding access to new experiences.	Neurodivergent person experiences anxieties around unfamiliar situations.	Both partners exercise choice regarding their desire or lack of desire to explore and enjoy new experiences as they please. Neurodivergent partner is supported to engage where they wish to do so (potentially through employing strategies that can help familiarise and prepare for difference). Decisions are taken together about what to do if the situation becomes overwhelming.
Neurodivergent person leaves the house telling their partner that they will be back when they feel they are ready and does not return until after the children's nighttime routines have been completed by their partner.	Neurodivergent person experiences emotional dysregulation during an argument about childcare responsibilities that were previously agreed, and says they need processing time to regulate.	Both partners have agreed roles and responsibilities regarding childcare to ensure this is equitable and considers the needs of them and their children. Coping and communication strategies for managing disagreements or

Examples of reciprocal, non-abusive Neurodivergent/Neurodiverse relationships

		differences in perspective have been negotiated.
Person discharges their emotional dysregulation on their partner, blaming them for not understanding their implied meaning and using this as a justification to be abusive because the partner 'made them feel stupid'.	Neurodivergent person has challenges understanding implied meaning.	Agreement within the family that communication in relation to important issues is clear and direct wherever possible and that there are honest conversations in relation to each person's needs. Where a person is feeling emotionally dysregulated, non-abusive coping strategies are employed so the person can discharge their dysregulation in a non-abusive way.
Person refuses to help with household responsibilities and becomes aggressive when interrupted.	Neurodivergent person may have a special interest or area of hyperfocus.	Agreement within the family regarding split between personal time to engage in special interests and family time where the person is expected to contribute meaningfully to family life (e.g., a discussion about an equitable division of chores around the home).