



DISCOVERY PROGRAMME

**NEURO-AFFIRMING
SIGNPOSTING
RESOURCES FOR
AUTISTIC ADULTS**

www.thrivingautistic.org



DISCOVERY PROGRAMME

Please note: this information and signposting is a live document of resources shared from within the Autistic community in our Discovery Programme.

It is not intended to endorse all organisations or people listed.

Whilst we have taken care to try and find neuro-affirming information to support you we are not responsible for other people's work which may change over time or may not resonate with you.



DISCOVERY PROGRAMME

LET'S DISCOVER MORE ABOUT

RELATIONSHIPS

www.thrivingautistic.org

Thriving Autistic Discovery Programme

Resources about Relationships

Reading

The Five Neurodivergent Love Languages – Stimpunks

<https://stimpunks.org/2022/01/22/the-five-neurodivergent-love-languages-2/>

John Pental Blog – Friendship & Coaching for Outsiders

<https://www.johnpental.com/blog.html>

The Neurodiversity Smorgasbord – Lived Experience Educator

<https://www.livedexperienceeducator.com/blog/theneurodiversitysmorgasbord>

Milton's Double Empathy Problem – Reframing Autism

<https://reframingautism.org.au/miltons-double-empathy-problem-a-summary-for-non-academics/>

Double Empathy Problem – Illustrated Resource (Teachers Pay Teachers)

<https://www.teacherspayteachers.com/Product/Double-Empathy-Problem-9-page-illustrated-resource-8608057>



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Thriving Autistic Discovery Programme Resources about Relationships

Reading

Intense Connections – Sonny Hallett (Medium)

<https://medium.com/@sonnyhallett/intense-connections-2e0ecd1bcbb8>

Rejection Sensitivity Dysphoria – Reframing Autism

<https://reframingautism.org.au/the-unbearable-heartache-of-rejection-sensitive-dysphoria/>

Smashing the Myth of Poor Autistic Communication – Medium (Justine L.)

<https://justinel999.medium.com/its-time-to-smash-the-myth-that-autistic-people-are-poor-communicators-74096942bcf9>

Autistic Peer-to-Peer Info Sharing – PubMed Research

<https://pubmed.ncbi.nlm.nih.gov/32431157>

Autistic guide for communicating and connecting Niamh Garvey

<https://uk.jkp.com/products/the-autistic-guide-to-communicating-and-connecting>



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Resources about Relationships

Limerance

The Hidden Purpose of Limerence

<https://anissaljanta.substack.com/p/the-hidden-purpose-of-limerence?fbclid=IwY2xjawNKWNZle>

Monotropism, Limerence And Autistic ADHD Experiences

<https://autisticrealms.com/monotropism-limerence-and-autistic-adhd-experiences/>

Chosen Family

<https://stimpunks.org/glossary/chosen-family/>

Why Limerence May Hit Differently for Autistic People— Here's What to Know by Amy Marschall, PsyD

<https://www.verywellmind.com/limerence-in-autism-11790608>

Smashing the Myth of Poor Autistic Communication - Medium (Justine L.)

<https://justinel999.medium.com/its-time-to-smash-the-myth-that-autistic-people-are-poor-communicators-74096942bcf9>



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Resources about Relationships

Reading

Rejection Sensitivity Dysphoria – Autism Understood

<https://autismunderstood.co.uk/co-occurring-conditions/rejection-sensitivity-dysphoria/>

RSD and Autism – The Unmasked Autistic

<https://theunmaskedautistic.com/rejection-sensitive-dysphoria-and-its-connection-to-autism/>

RSD Guide – The #ActuallyAutistic Coach

<https://www.theautisticcoach.com/autism-blog/what-is-rsd-rejection-sensitivity-dysphoria-autism>

"That's SO RUDE!" Communication Differences – NeuroClastic

<https://neuroclastic.com/thats-so-rude-is-it-though-helping-to-bridge-the-gap-between-nt-nd-communication-needs/>

Neurostory Collective Value Exercises

<https://www.neurostorycollective.com/resources-1/values-exercise-what-drives-you>



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Thriving Autistic Discovery Programme Resources about Relationships

Reading

Exploring autistic sexualities, relationality, and genders:
Living Under a Double Rainbow.

Rosqvist, H. B., Day, A., & Krazinski, M. (2024).
Routledge.

Tigger Pritchard

<https://www.tiggerpritchard.com/rsd>

No Bad Parts: Healing Trauma & Restoring Wholeness
with the Internal Family Systems Model
by Richard Schwartz

[https://www.amazon.co.uk/dp/1785045113?
ref_=cm_sw_r_ffobk_cp_ud_dp_JNASG5S44FQ112352ZS
6&bestFormat=true](https://www.amazon.co.uk/dp/1785045113?ref_=cm_sw_r_ffobk_cp_ud_dp_JNASG5S44FQ112352ZS6&bestFormat=true)

Relationships & Consent

This is also really good about relationships and consent
[https://autismunderstood.co.uk/social-stuff/autism-
relationships/](https://autismunderstood.co.uk/social-stuff/autism-relationships/)



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Thriving Autistic Discovery Programme Resources about Relationships

Listening/ Visual Content

Neurodiverse Love – Relationships & Podcast Hub

<https://www.neurodiverselove.com/>

Multiamory Podcast – Smorgasbord of Relationships

<https://www.multiamory.com/podcast/339-the-smorgasbord-of-relationships>

Instagram Post – Double Empathy Cartoon

https://www.instagram.com/p/Co9sFkzN54u/?utm_source=ig_web_copy_link

Ausum: What is the Double Empathy Problem handout

<https://ausm.org/wp-content/uploads/2024/08/DoubleEmpathypdf.pdf>

Psychology Today: What's the Truth About Empathy and Autism?

<https://www.psychologytoday.com/us/blog/the-narrative-nurse-practitioner/202510/whats-the-truth-about-empathy-and-autism>



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Thriving Autistic Discovery Programme Resources

This booklet highlights just a few of the resources we have found useful or have been shared with us through our

Discovery Programme for Autistic adults.

It is a living document and we will edit and add to this over time. Please feel free to share anything you have found neuro-affirming and valuable for yourself.

If you need support please check out our:

[Neurodivergent Practitioners Directory](#)

A directory of Neurodivergent, neuro-affirmative practitioners hosted by Autistic-led nonprofit, Thriving Autistic

[Facebook](#)

[Twitter/X](#)

[LinkedIn](#)

[BlueSky](#)

[Instagram](#)



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