Worksheet 9 Self-Accommodation Checklist for Neurodivergent Communication

Self-accommodation is a powerful way to support yourself in communication. Use this checklist to identify ways to make conversations and information processing easier for you.

Recognizing Your Needs

□ Identify when I am too stressed or distracted for a conversation.
□ Recognize when I need more time to process information.
□ Notice when my nervous system is overwhelmed and take a break.
□ Choose optimal circumstances for receiving and relaying information.

Setting Up Communication Supports

Managing Conversations

□ Avoid conversations when I am feeling overstimulated or stressed.
□ Ask to delay conversations when I need more time to process.
□ Use a “Do Not Disturb” button, sign, or status to prevent interruptions.
□ Ask to move discussions to a calmer place when needed.
□ Establish a cue with trusted people to remind each other to take breaks if a conversation gets off track.

Receiving and Retaining Information

□ Ask for written information instead of verbal instructions at work.
□ Request to record meetings or conversations to review later.
□ Ask for important details to be sent via text or email.
□ Choose a quiet place for reading and responding to messages or emails.

Deferring Conversations

□ Use boundary-setting phrases when I need to delay a discussion.

- *“I can’t do this right now because I can’t give you my full attention. Can we do this later?”*
- *“Can you check back with me at [time] when I can focus better?”*
- *“I’m overwhelmed right now. Can we talk about this difficult topic after dinner?”*
- *“I had a hard day at work and might not process this well. Can you save it for tomorrow?”*

Building Self-Awareness

□ Identify key accommodations that help me communicate better.
□ Practice self-advocacy by communicating my needs openly.
□ Reflect on one accommodation I can implement this week and write it down:

📌 **My self-accommodation to focus on this week: _____**