# Worksheet 5: The Double Empathy Problem & Communication Misunderstandings

**Objective:** To understand how mutual misunderstandings happen between neurodivergent and neurotypical individuals.

## Part 1: Understanding the Concept

The **Double Empathy Problem** suggests that communication difficulties between neurodivergent and neurotypical people happen because **both sides** misunderstand each other—not just because of the neurodivergent person.

Think about a time when someone misunderstood your communication.

1. **What happened?**
   _____
   _____
2. **How did you feel?**
   _____
   _____
3. **How did the other person react?**

_____
_____

## Part 2: Identifying Communication Differences

Match the neurodivergent communication style with the common neurotypical misinterpretation.

| Neurodivergent Communication | Common Misinterpretation |
| --- | --- |
| Talking about a special interest for a long time | Being "self-centered" |
| Needing time to process before responding | Being "uninterested" or "aloof" |
| Avoiding eye contact | Being "dishonest" or "shy" |
| Speaking honestly and directly | Being "rude" |
| Struggling with small talk | Being "unfriendly" |

## Part 3: Bridging the Gap

How can you **help others understand your communication style**? *(Write at least one idea.)*

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