



My Communication Needs

Communication differences are not a lack of communication. You may need more processing time, clearer language, another format or less pressure.

How do I prefer people to communicate with me?

Do I need extra processing time?

What happens when I feel pressured to respond quickly?

Are written instructions easier than spoken ones?

What language or communication style confuses me?

How do I communicate when overwhelmed?

What could others do to support communication?

A communication need I want to advocate for is...
