

I Need Everyone to Stop Asking Things of Me

A neurodivergent space for demand overload, decisions and the pressure of one more thing.

Sometimes even a small question can feel enormous when your processing capacity has already been used up. Messages, choices, appointments, instructions, favours, decisions and 'quick questions' can stack until every new request feels physically unbearable.

This is not about being unwilling

Capacity changes. A task that is manageable at one time can become inaccessible when sensory, emotional, cognitive or social load is already high.

One more question makes me...

My body reacts by...

Everything people are asking of me right now

PLEASE, NO MORE QUESTIONS

Put the pressure somewhere outside your head.

You do not have to answer any of these questions on this page. This page is for the questions themselves — the requests, decisions, messages and expectations that keep arriving.

WRITE EVERY QUESTION / REQUEST / DEMAND HERE

Messy is fine. Repeat yourself. Use fragments. Include the 'small' things too. If it is taking capacity, it belongs here.

Where Are the Demands Coming From?

Separating the sources can make the pile easier to see.

OTHER PEOPLE

Family, partner, children, colleagues, clients, professionals, friends, messages, calls or people needing an answer.

LIFE / ADMIN / WORK

Appointments, forms, emails, bills, chores, shopping, deadlines, travel, planning, transitions or decisions.

ME

Rules, perfectionism, guilt, 'I should', trying not to disappoint anyone, keeping routines going or expecting yourself to function as if capacity never changes.

What Feels Impossible Right Now?

Difficulty can be about capacity, not the size of the task.

A request may look simple from the outside while containing many hidden steps: understanding it, deciding, switching attention, finding information, beginning, tolerating uncertainty, communicating and then recovering afterwards.

The demand I cannot face

The decision I cannot make

The thing everyone thinks is 'small'

Take Demands Off the Table

Not everything needs an answer today.

The goal here is not to organise yourself into doing more. It is to reduce the number of demands competing for limited capacity.

WHAT CAN WAIT?

What can safely be postponed without deciding the whole future of it?

WHAT CAN BE CANCELLED OR SAID NO TO?

What is optional, unnecessary, or costing more than it gives right now?

WHAT CAN SOMEONE ELSE TAKE OVER?

Admin, a phone call, a decision, a practical task, answering messages, arranging something or explaining to others.

What I Need People to Stop Doing

Reducing conversational demand can return some processing space.

Please stop asking...

Which questions, reminders, choices or requests are adding pressure?

Please stop expecting...

Immediate answers? Eye contact? Explanations? Quick decisions? A cheerful response? Normal productivity?

Instead, it would help if you...

Write it down, give me time, make one clear request, offer two choices, tell me what is urgent, wait for my answer or take something over.

Fewer Demands, More Capacity

You are allowed to protect the processing space you have left.

A message from Maggie

When you have reached capacity, another question is not always 'just a question'. It can mean another decision, another transition, another expectation and another piece of information your brain has to hold. Other people may only see the final request; they may not see the hundreds of demands that came before it. You are allowed to say that you cannot answer right now. You are allowed to ask for fewer choices, more time, written information or practical help. Reducing demands is not giving up. Sometimes it is exactly what allows your nervous system enough room to come back online.

The demand I am putting down today

Words I can use

Example: 'I cannot process any more questions right now. Please write it down and let me come back to you.'

Further reading

- National Autistic Society — sensory differences, communication, meltdowns and shutdowns.
- Price, D. (2022). Unmasking Autism.
- Kapp, S. K. (ed.) (2020). Autistic Community and the Neurodiversity Movement.
- Raymaker, D. M. et al. (2020). Autistic burnout and the exhaustion of internal resources.

For reflection and support. Individual support and communication needs vary.